

## Honduran Recipes Montucas (corn Tamales)



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ebookslatinos.weebly.com One of the best ways to capture the flavor of Honduras is through its exquisite food. Succulent, well-seasoned dishes are prepared throughout the country and are among the proudest traditions of the Honduran people. This is why I would like to take this opportunity to share with those of you lovers of fine Honduran cuisine and culinary art, this ebook (electronic book) called The Beauty of Honduran Cuisine (in English) which contains a recompilation of the most typical and traditional Honduran recipes. Once your payment is received through Paypal, automatically you will receive an email

containing the link where you will be able to download your ebook as a PDF file with easiness. If for any reason you do not feel satisfied with the purchase, you may write to me at [ebooksLatinos@yahoo.com](mailto:ebooksLatinos@yahoo.com) and I will gladly reimburse your money, so you got nothing to lose. Enjoy these delicacies and share them with friends and family! With this said, I would like to wish you, buen apetito! Here you can see what this recipes ebook offers you! Contents:

1. Arroz con Leche (Rice Pudding)
2. Arroz con Pollo (Rice with Chicken)
3. Atol Agrio (Sour Corn Beverage)
4. Atol de Elote (Hot Corn Beverage)
5. Atol de Maicena (Hot Corn Starch Beverage)
6. Atol Shuco (Black Maize Beverage)
7. Baleadas (Corn Tortillas Stuffed with Cheese and Beans)
8. Batido de Naranjas (Orange Shake)
9. Budin de Platano (Plantain Pudding)
10. Capirotadas (Cheese and Cornmeal Balls)
11. Caracoles Fritos de Roatan (Roatan Conch Fritters)
12. Catrachitas (Traditional Honduran Tostadas)
13. Ceviche de Camarones (Shrimp Ceviche)
14. Ceviche de Caracol (Conch Ceviche)
15. Ceviche de Pescado (Fish Ceviche)
16. Chancletas (Pumpkin Dish)
17. Chilate (Hot Corn Beverage)
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19. Chimol (Tomato, Green Pepper, Onion and Cilantro Salad)
20. Chismol para las Pupusas (Salad for the Pupusas)
21. Choco-Bananos (Frozen Bananas Covered with Chocolate)
22. Conserva de Coco (Coconut Sweets)
23. Coyoles en Miel (Coyoles in Syrup)
24. Curry de Caracoles Exoticos (Exotic Curry Cunch Chowder)
25. Dulce de Manzanas (Apple Sweets)
26. Dulce de Mazapan (Sweet Milk Treat)
27. Dulce de Naranjas (Orange Sweets)
28. Dulce de Palmito (Palm Heart Sweets)
29. Dulces de Tamarindo (Tamarind Sweets)
30. Duraznos en Miel (Peaches in Syrup)
31. Dulce de Leche (Caramelized Milk Treat)
32. Enchiladas Hondureas de Res (Honduran Beef Enchiladas)
33. Enchiladas Hondureas de Pollo (Honduran Chicken Enchiladas)
34. Espumillas (Egg White Treat)
35. Flan de Coco (Coconut Flan)
36. Flan de Leche (Caramel Custard)
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38. Fresco de Horchata Tradicional Hondurena (Traditional Honduran Horchata)
39. Fresco de Horchata de Arroz (Rice Horchata Drink)
40. Fresco de Maracuy o Fruta de la pasin (Fruit Passion Drink)
41. Fresco de Tamarindo (Tamarind Drink)
42. Guacamole Hondureno (Honduran Guacamole)
43. Hiy (Garifuna Refreshing Drink)
44. Huevos Con Salsa De Chiles (Eggs Poached in Chili Sauce)
45. Jalea de Guayaba de Roatan (Roatan Guava Jam)
46. Jugo de Papaya (Papaya Juice)
47. Langosta a la Hondurena (Honduran Style Lobster)
48. Macheteadas (Flour Fritters)
49. Machuca (Garifuna Smashed Plantains)
50. Mango Chutney (Mango Dessert)
51. Mangos en Miel (Mangoes in Syrup)
52. Mangos Horneados de Roatan (Roatan Baked Mango Dessert)
53. Marquesote (Sweet Bread)
54. Mermelada de Pia para Pastelitos de Pina (Pineapple

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