

FOOD

Nayra Ordóñez Fránquiz Lisset Medina Ramos

- 20 - 3

The Rancho



Chickpeas to beans, to the pasta that is added, from thick noodles to snails.





"Ropa Vieja"







Chicken, pork or meat with vegetables, Including chickpeas, and potatoes

"El Gofio"





It's used to make many foods from dumplings for soups to ice cream. It's not the easiest taste for the foreign palate to sample.



Potatoes



Garlic, olive oil, red or green pepper, cumin, salt and vinegar.

Boiled on your skin, salted and seasoned with a generous layer of mojo picón



Goats cheese





If you like your cheese smoky, Tenerife scores top marks for its smoked goat's cheese from Arico.

"Sancocho"

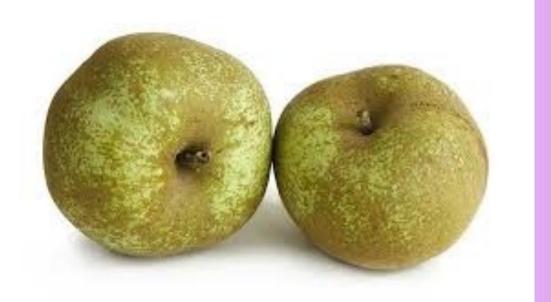




The Canary Islands on a plate

REINETTE APPLE

The apples have a yellowish-green skin background, they turn an intense yellow as they mature and in the area where they receive the direct sun they present a blurred red-bronze.



CHESTNUTS



 In Tenerife, chestnuts are eaten roasted, as an aperitif, both in homes and in kiosks spread around the squares and avenues during the autumn.

Corn



Corn Flour, Contains very soft starch.
Corn of hard crust, American Variety (First country producer of corn in the world) that is characterized by the hardness of its grains.

- Popcorn, is used to make popcorn or cotufas.

- Toothed corn, is the one that at maturity presents a large notch or depression in the grain.

Wine

Which today are still unique in the world, so we say that the wine of the Canary Islands, is their vineyard and therefore their landscape.