



# *AUTUMN TYPICAL FOOD*

Nayra Ordóñez Fránquiz

Lisset Medina Ramos



# 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.

