

# Belizean Food – Typical and Traditional

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Belizean food is simple, always fresh and amazing. If you've traveled in Central America you'll notice that there are many similarities between Belizean cuisine and traditional food found in places like El Salvador, Costa Rica and even Mexico...but each meal has a slight twist – it might be a few added ingredients or the way it is eaten.

So take advantage of Belize being a melting pot of cultures and experience an explosion of flavours that will enchant all of your senses. Here's a basic guide with a list of the best things to taste – bookmark this page or write it down, your culinary adventure awaits!

## Appetizers

- Conch fritters
- Ceviche
- Cheese Dip
- Belizean Pico de Gallo

## Breakfast

- Johnny Cakes
- Fry Jacks (fried flour dough)
- Chaya with Eggs
- Flour Tortillas

- Meat Pie

## **Lunch and Dinner**

- Rice and Beans with Stew Chicken (sides of Potato Salad and Fried Plantains)
- Bollos (similar to Tamales)
- Dukunu (think Corn bread but a lot heftier – add stewed chicken to make it a complete meal)
- Boil up (A mix of ground food)
- Seafood (fresh fish, lobster and shrimp meals)
- Pupusas (brought to Belize by refugees of El Salvador)

## **Fast Food**

- Garnaches
- Panades
- Salbutes
- Tacos (fried or on a soft corn tortilla)
- Fry Chicken (Chinese Restaurant)

## **Belizean Soups**

- Conch soup
- Cowfoot soup

- Hudut (Coconut fish soup)
- Escabeche (Onion soup)
- Caldo – Beef or Chicken

## **Bizarre Foods**

- Iguana (Bamboo chicken)
- Gibnut (Known as the Royal Rat)
- Bokotora (River turtle)
- Armadillo

## **Desserts and Sweets**

- Coconut Tart
- Lemon Pie
- Tres Leches Cake
- Rum Raisin Bread Pudding
- Rum Fruit Cake (during Christmas season)
- Belizean Fudge (think Peanut Brittle)
- Sweet Potato Pudding

## **Drinks**

- Belikin Beer & Stout
- Rum (Caribbean Rum and One Barrel Rum)
- Cashew Wine
- Fresh Natural Juices (Lime, Orange, Pineapple, Watermelon)
- Seaweed Drink
- Coke, Fanta and Sprite (Its more carbonated and natural brown sugar is used)

You can check for recipes for these in the Forum [here](#). Use the search function to find what you are looking for!

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