



African Heritage Through Food - Afro-Latin

Comprising of both Central and South America, roots of African Heritage found in Latin America stems back to the 1600s. As a result, deep roots weaving Black and Latin identities have formed for generations, building a multi-layer of resilience. This rich intersection is seen in food traditions, including foods and spices used in traditional dishes.

Ingredients Commonly Used in Cooking:

- Amaranth
- Avocado
- Cabbage
- Chili pepper
- Cassava
- Corn
- Hibiscus
- Jicama
- Lemons
- Leafy greens
- Lime
- Mango
- Okra
- Papaya
- Plantains
- Pigeon peas
- Quinoa
- Rice (varieties)
- Sweet peppers
- Soursop
- Tamarind
- Tomatoes
- Yucca

Spices Commonly Used in Cooking:

- Annatto
- Cilantro
- Cinnamon
- Chiles
 - Ancho
 - Cayenne
 - Guajillo
 - Habanero
 - Jalapeño
 - Poblano
- Cocoa
- Cumin
- Epazote
- Garlic
- Lemon
- Lime
- Parsley
- Oregano

Traditional Dishes:

- **Central America:**
 - Mofongo
 - Mondongo
 - Quimbombo
 - Guisado de Pollo
 - Tapado
- **South America:**
 - Feijoadada
 - Rondón
 - Acarajé
 - Mogo mogo
 - Tacu tacu
 - Tacneña

Spice Blend Examples:

Mole - chili, chocolate, sugar, coriander, cinnamon, nutmeg, cumin, garlic, oregano, anise seed, thyme, variety of roasted nuts and seeds

Sazon - garlic, salt, annatto, cumin, black pepper, coriander, oregano

