

Google Arts & Culture

# The People, Places, and Traditions of the Argentinian Table

in association with  sixredmarbles

Proceso de elaboración de un plato típico del NEA: Gallinada. Fotógrafo 2: Gonzalo Guendler. 2020-12-26/2020-12-28. Gustar

## How to Make the Most of This Lesson

This lesson serves as a **roadmap** for your journey through a rich and exciting collection of online content made available by **Google Arts & Culture's partners**. You will explore photographs, slideshows, voice recordings, and more. The images in this lesson are just a sample of what's available to you via the **Google Arts & Culture** website.

You can complete this lesson independently or with fellow students, a teacher, or another adult. The content is accessible to a wide range of ages, but it's especially geared toward students ages 12 to 16.

## Your journey in this lesson will take you through three major topics:

Chapter 1: The People

Chapter 2: The Places

Chapter 3: The Traditions

## You'll see some helpful signs along the way:



Estimated time for completing the chapter



Audio recording or video



Link to more online content



Learning activity

## Tools for Learning

Below are tools for learning that you may need for Digital Discovery lessons:



A device that connects to the internet (a computer or tablet)



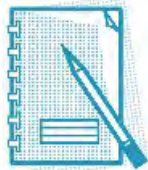
A tool for writing your responses and big ideas (pen, pencil, computer, etc.)



Art supplies (markers, crayons, paint)



Scissors



A notebook



Scrap paper

**Explore!** Google Arts & Culture pictures are **big**. If you want to explore a picture in greater detail, click on the magnifying glass symbol, and zoom in with the zoom slider. By dragging the white box around, you can see even **tiny** details.



## Welcome to *The People, Places, and Traditions of the Argentinian Table*

The food culture of Argentina is a tribute to the country's history and geography. Cultural and geographical differences impact the foodways of each region, but there are some commonalities across the country, too. In this lesson, you'll learn about some of the people and products of Argentina's food and drink scene. At the end of the lesson, you'll take what you learned and design an Argentinian-inspired menu of your favorites.

### What Will You Do?

1. See how tradition influences some chefs' work.
2. Understand the role of immigrants in some of Argentina's food traditions.
3. See how geography can affect food traditions.
4. Learn to cook some traditional Argentinian dishes.



## What's in this lesson?

1. Read about and listen to people hard at work in Argentina's food scene.
2. Find out about some specialties of different regions of Argentina.
3. Understand how food and tradition are linked in Argentina.

## By participating in this lesson, you will be able to:

1. Name some popular dishes in Argentina.
2. Watch Argentinian chefs at work and get some recipes for dishes.
3. Identify some of the cultural influences on Argentinian foods.

### Vocabulary

culinary, gourmet, empanada, dulce de leche, fusion, heritage, indigenous

*Need help with some of these terms? See the glossary at the end of this lesson.*



[Chefs actuales, Gustar](#)

## The People



*What is this chapter about?*

Some of the Argentines who are shaping Argentina's food culture



*How long will this chapter take?*

1 hour

# Chapter 1: Warming Up

Before you explore, answer the questions below in your notebook.

## Consider

1. What are some of the favorite foods where you live? Where did those foods originally come from?

## Discover

2. How might cultural diversity affect a country's food scene?





# A Diverse Food Scene

Argentina is home to people from many different backgrounds. Many of today's chefs highlight the country's diverse **culinary** culture. Chefs focused on the "new" cuisine of Argentina often refer to their own ancestral backgrounds in their cooking. They also feature the plants and animals native to the region they live in.



Pizzería Juan Pablo Lanciotti 2021-02-05/2021-02-05, Gustar

From the 1500s on, Argentina has been shaped by immigrants. Culinary influences from Spain, Italy, England, France, Germany, Korea, and more all play a role in Argentinian food traditions.



Learn more about the culinary influences of immigrants to Argentina in [this story](#).

See how one chef took his Argentinian heritage to France and created one of the world's most celebrated restaurants [here](#).



# Groundbreaking Women

In many parts of Argentina, women are leading the way in groundbreaking **gourmet** cooking. Some are chefs at restaurants or work on TV. Others grow their own food. They are all revolutionizing traditional foodways while also focusing on regional products.



[Chefs actuales, Gustar](#)

Pamela Fernández, at left, lives in Tierra del Fuego, which is in the southern part of the country. She focuses on capturing the essence of the region, using ingredients such as berries, crabs, chocolate, and shellfish.



Learn more about some of the women revolutionizing Argentinian cooking in [this story](#).

# Traditions Carried Forward

Many of today's chefs focus on a traditional Argentinian food made with their own personal spin. Here is a sampling of chefs famous for their takes on Argentinian favorites.

## Napo's Empanadas

**Empanadas**, sweet or savory filled pastries, can be found across all of Argentina, especially in the northwest province of Tucumán. The empanadas in Tucumán have a characteristic filling made from flank steak seasoned with onion, cumin, paprika, green onion, and hard-boiled egg. The empanadas are baked in a clay oven or fried.

Napo Castellote, shown here, traveled across the country and ate hundreds of empanadas before developing his own recipe. It reflects the traditions of his hometown, which is in Tucumán.



Read more about Napo and get his empanada recipe [here](#).

Here, Napo is kneading the pastry dough for his empanadas.



Napo kneading, Laura Macías, Allie Lazar, and Napo Castellote



## Alfajores by Chula Galvez

An alfajor is two cookies sandwiched together with **dulce de leche** or other stuffings. One of the most typical alfajores in Argentina is one made with cornstarch, which creates a very soft and delicate cookie. It is called alfajor de maicena.

Chula's recipe for alfajores is very traditional, but she adds unique flavors, like edible flowers and citrus zest.



See how Chula makes her alfajores [here](#).





## Migas at Confitería Caren

Another culinary tradition is the miga—a sandwich made with fresh, thinly sliced bread and a variety of fillings. Some Argentines date the migas tradition to the years when many English immigrants came to the country. The miga resembles an English tea sandwich, and tradition has it that the new Argentines missed their sandwiches from home and re-created them in their new land.

One of the most well-known bakeries keeping the miga tradition alive and well is Confitería Caren, which has been in business for more than 50 years. The bakery makes not only migas but also pastries, cakes, and cookies. It was begun by two brothers, Carlos and Enrique Vázquez, and is now run by the son of one, Augusto Vázquez. Augusto's daughter Cecilia helps keep the family business thriving through an active social media presence.



See master miga maker Hugo López make the sandwiches for Confitería Caren in [this story](#).

The bread for the migas is sliced fresh for each sandwich from a very large loaf.



Caren Miga Close Up, Laura Macías and Allie Lazar



## Pablo Park and Kyopo

Chef Pablo Park is Korean and grew up in Barrio Coreano, or Koreatown, in Buenos Aires. After living abroad for a number of years, Park moved back to Buenos Aires and opened Kyopo, a restaurant specializing in Korean and Asian **fusion**. Korean food often features meat, and beef is a staple in Argentina.



Tour Koreatown with Pablo and see some of his favorite places in [this story](#).



## Atelier Fuerza

The goal of Francisco Seubert and the team at Atelier Fuerza was to return to Argentina's strong tradition of bread and pastry making, which is influenced by many cultures, including British, Danish, French, Italian, and Spanish.

Every product at Atelier Fuerza is made using organic flour and a sourdough starter. What started as a small enterprise has grown into multiple locations and a booming business. Some of their clients are the city's best restaurants.



Read more about Atelier Fuerza [here](#) and [here](#).



[Alfajor torta, Laura Macías, Allie Lazar, and Atelier Fuerza](#)



# Chapter 1: Wrapping Up

Now that you've read the chapter, reflect on what you've learned by answering the question below.



- What impact have immigrants had on Argentina's food culture?



1 Rogelio\_Espinosa-centolla Beagle, Gustar

# Chapter 2:

## The Places



*What is this chapter about?*

Markets and products of Argentina



*How long will this chapter take?*

1 hour

# Chapter 2: Warming Up

Before you explore, answer the questions in your notebook.

## Consider

1. Have you ever thought about where your food comes from? Can you name any products that are local to where you live?



## Discover

2. What kinds of geographical features affect what can be raised in a certain region?



# The Markets of Buenos Aires

Originally serving as a place for immigrants to gain needed supplies and ingredients, the markets of Buenos Aires today are bustling and busy with professional and amateur chefs alike, along with those looking for specialty ingredients or to sample some of the wares of top-notch food stalls. Many of the markets in the city have been around for decades—some even date back to the late 1800s and early 1900s.



San Telmo, Allie Lazar

The San Telmo market opened in 1897 and is now a national historic monument. It was the main market for immigrants arriving to the city.



Read about more of the markets of Buenos Aires [here](#).

View [this story](#) to get a glimpse of the café culture of Buenos Aires.

# The Cattle of the Pampas

One of the major products of the markets—and of Argentina as a whole—is beef. The country is famous for its beef production and is one of the leading meat suppliers in the world. Cattle are raised in the flatland central region of the country, known as the Pampas. The geographic conditions there contribute to the cattle in Argentina being some of the finest in the world. The region has abundant grasslands and a warm and humid climate.



*“Argentina’s superior quality meat and cuts differ from other countries around the world. This all has to do with our cattle, agro-climate, and topography.”—Don Pablo, owner of Don Julio Parilla*

Don Julio cow, Don Julio and Allie Lazar



Read more about the beef served at Don Julio Parilla in [this story](#).



# The Honey of Santiago del Estero

Another major product of Argentina is honey. The country is the world's second largest exporter of honey. Most honey comes from producers who live in the Santiago del Estero province, in a region known as the Gran Chaco. The diverse flowering plants of the region are key to the high-quality product that comes from there.



Learn more about Santiago and the honey that's produced there in [this story](#).





# The Wines of Cuyo

The quality, texture, and flavor of a wine is determined in part by where the grapes are grown. In Argentina, the best region for growing wine grapes is Cuyo. Though the region has little rainfall, it has sufficient irrigation, and the wide range of temperatures is good for grape growing. In addition, the soils are mineral rich.



Bodegas, Delfo Rodriguez 2021-03-08/2021-03-10, Gustar

Cuyo's Mendoza province is home to around 70 percent of the region's vineyards.



View this story to learn about the wine of Paraje Altamira and one of its producers in [this story](#).



The three other provinces of Cuyo—La Rioja, San Juan, and San Luis—also produce wine. In addition, they have strong culinary traditions influenced by the indigenous peoples who lived there, along with the immigrants who came later. Dishes often reflect each province’s cultural **heritage**. An example is humita, a specialty of San Luis, made from the sweet corn that is grown throughout Cuyo.



Find out more about the foods of Cuyo [here](#).



Learn more about this region and others [here](#).

[Humita, Delfo Rodríguez 2021-01-07/2021-01-10, Gustar](#)

# Chapter 2: Wrapping Up

Now that you've read the chapter, reflect on what you've learned by answering the question below.



- How does geography affect some of Argentina's main products?





# Chapter 3:

## The Traditions



*What is this chapter about?*  
Shared practices and recipes  
loved by Argentines



*How long will this chapter  
take?*  
1 hour

# Chapter 3: Warming Up

Before you explore, answer the questions in your notebook.

## Consider

1. Why do you think people value tradition when it comes to food and other cultural elements?



## Discover

2. What do you think might be some of Argentina's most popular and traditional dishes, based on what you've seen so far?



# Flavors from Around the Country

As you've read, Argentina has a thriving culinary scene influenced by many different cultures and geographic differences. Each region has its own specialties, too, as you can see on this illustrated map. There are some dishes and traditions that are common to all regions, however. This chapter will explore a few of them.



Explore the regions of the map in [this story](#).



Mapa Argentina, Josefina Jolly



# Emblematic Dishes

## Empanadas

As you read earlier, empanadas are filled pastries that are baked or fried. Empanadas are one of the most popular and widespread foods in Argentina.

Each region has its own twist on the empanada. In Tucumán, empanadas are served with lemon wedges.



Read about more of the most popular dishes of Argentina in [this story](#).



## Milanesa

Around 200 years ago, a food tradition of the Austro-Hungarian Empire made its way to Argentina via Italian, Austrian, and German immigrants. It's called milanesa and involves breading and frying tenderized meat, which is then served in a variety of ways. In Argentina, milanesa is often made with beef, but it can also be made with chicken or pork.



Learn how to make milanesas from chef Maxi van Oyen [here](#).



Milanesa napo, Laura Macías, Allie Lazar, and Maxi Van Oyen





## Locro

This traditional Argentinian stew originated with the Inca, an **indigenous** people of South America. The stew is made with a base of squash, corn, and beans—all of which are native to the Americas—and is simmered over a fire. The region in which it is made determines the types of seasonings used.



Get the recipe for locro in [this story](#).





## Yerba Mate

This tea-like beverage is made from the leaves of the *Ilex paraguariensis* tree. Yerba mate originated with the indigenous Guaraní people. It is popular not only in Argentina but also in Paraguay, Uruguay, and Brazil. The proper process for preparing and consuming yerba mate is somewhat elaborate. The beverage is energy boosting and contains many beneficial nutrients.



Karla preparing mate, Laura Macías and Karla Johan Lorenzo



Find out how to prepare yerba mate in [this story](#).

Learn the phrase used when you join family and friends for yerba mate, along with other food-focused phrases, in [this story](#).





## Barbecue

Cattle aren't native to the Americas—they arrived with the Spanish conquest. The Spanish grilled whole racks of meat on a spit over an open fire. Over time, the tradition of barbecuing over a wood or charcoal fire spread throughout the country. Barbecuing has become a national pastime.

In addition to grilled beef and sausage, chimichurri (a sauce) and salsa are usually served.



See photographs of the process of barbecuing in [this story](#).

Learn more about Argentinian barbecue [here](#).



# What's for Dessert?

For many Argentines, no meal is complete without something sweet. There are several traditional desserts in Argentina, many of which were influenced by other parts of the world, including France and Italy.

This dessert, called a chocotorta, is made by using a combination of dulce de leche and queso crema (cream cheese) as the glue to hold together layers of chocolate cookies dipped in coffee or a liquor. Chocotorta is the star of many birthday gatherings.



See more  
Argentinian  
desserts in [this  
story](#).

Chocotorta, Allie Lazar

# Chapter 3: Wrapping Up

Now that you've read the chapter, reflect on what you've learned by answering the question below.



- Make a list of the dishes you've seen in the text of this lesson and the stories. Which foods look most exciting to you and why?



# Digital Learning in Action

So, what did you learn? Read the questions and complete the learning activities below to extend your learning based on what you just experienced.



**Reflect** Answer these questions:

- What are some of Argentines' favorite foods?
- What are some common products in Argentina?
- How does geography affect some of these products?



**Summarize:**

Argentina is home to people of many different cultural backgrounds. How does this affect the food traditions of the country?



**Create:** You've read about and watched videos of many different types of foods being prepared in this lesson. Use the list you created in the Chapter 3: Wrapping Up activity to design a menu of the Argentinian foods that most appeal to you. Your menu should have at least two courses. Make sure you describe the ingredients of each dish you include on your menu.

# Glossary

- **culinary:** of or relating to cooking
- **dulce de leche:** sweetened caramelized milk
- **empanada:** a pastry turnover with a sweet or savory filling
- **fusion:** food that uses techniques and ingredients of more than one ethnic cuisine
- **gourmet:** relating to high-quality or specialty food
- **heritage:** something passed on as a legacy from those who came before
- **indigenous:** relating to the earliest known people to live in a place