



4-Course Guatemalan Dinner

Dining in Guatemala

Meals in Guatemala are eaten, similarly to the United States, thrice a day, with breakfast served between 6AM and 9AM, lunch between noon and 2PM, and dinner between 6PM and 10PM (and not much later; lunch is the biggest meal of the day, so restaurants tend to not stay open late).

You can grab a meal at simple diners, restaurants, or food vendors on the street.

Dining out is an informal, casual affair, and formal dress isn't often required; it is often a social event where conversations are plenty and food may not even be served for an hour.

At home, dinner may be a simple affair, consisting of tortillas, beans, eggs, and plantains.

See our [Fact Sheet on Central America](#) for more information about El Salvador, its people, and its food!

Where can I learn more?

See our [Fact Sheets](#) and [Resources](#) to learn more about food and meals in Guatemala! And, if you make this meal, please share the story with us [here](#)!

First Course:



Tamales colorados

Tamales colorados, or red tamales, are a Guatemalan variety of the dish, filled with chicken or pork and cooked in a tomato-based sauce.

<https://ourrecipeforunity.org/recipes/tamales-colorados/>



Second Course:



Kak'ik

A traditional Mayan recipe, this turkey stew was declared Cultural Heritage by the Guatemalan Ministry of Culture and Sports in 2007.

<http://ourrecipeforunity.org/recipes/kakik/>



Third Course:



Hilachas

Translating to "rags" in Spanish, this Guatemalan dish is popular throughout Central America. Shredded beef is served with tomato sauce and rice or tortillas.

<https://ourrecipeforunity.org/recipes/hilachas/>



Dessert:



Rellenitos de Platano

This sweet treatment of plantains involves boiling and mashing plantains before filling them with refried beans and deep-frying them.

<https://ourrecipeforunity.org/recipes/rellenitos-de-platano-2/>

