



4-Course Salvadoran Dinner

Dining in El Salvador

A “Buen Provecho!” will start your meal in El Salvador, which will most likely be less of a meal and more of a social event.

While lunch, as in many other countries, is the largest meal of the day (dinner is often not much more than simple pupusas or tortillas and beans), Salvadorans are known for their hospitality and love of food-based gatherings, which you can expect to be lengthy social affairs full of lively conversation.

Alternatively, you can grab food on the street; whether grabbing *pupusas* from a *pupuseria* or *pastelitos* from a *pasteleria*, El Salvador readily offers up its most delicious and iconic foods from street carts and open-air markets.

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 El Salvador! And, if you make this meal, please share the story with us [here](#)!

First Course:



Sopa de Pata

While using ingredients unfamiliar to Americans, this soup, made of tripe, plantain, corn, cow's feet, and cabbage, is a Salvadoran delicacy.

<https://ourrecipeforunity.org/recipes/sopa-de-pata/>



Second Course:



Pupusas

This iconic Salvadoran staple is made with masa harina (dried, powdered masa), which is made into a dough, stuffed, and pan-fried.

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



Third Course:



Gallo en Chicha

This traditional dish is made of chicken braised in chicha (a Salvadoran drink), wine, lime, spices, tomatoes, and potatoes.

<https://ourrecipeforunity.org/recipes/gallo-en-chicha/>



Dessert:



Quesadilla

This rich and buttery poundcake is made with flour, queso fresco or parmesan, sugar, eggs, milk, and, optionally, sesame seeds.

<https://ourrecipeforunity.org/recipes/quesadilla-salvadorena/>

