**Argentina's Cuisine**

That we, Argentinians, have a beef-oriented diet is not a secret at all. For an argentine, “asado” is a must (or it seems so). Usually, the image of a “asado” refers to a long strip of cow ribs. Or at least, is what foreigners seem to have as an impression. But “asado” includes “chorizo” (pork sausage), “morcilla” (blood sausage), “chinchulines” (chitterlings), “mollejas” (sweetbread), etc. Tell me about it...

Another typical option (rather, traditional) are "milanesas" are breaded fried meat, whether in sandwiches, whether eaten with mashed potatoes.

“Empanadas” are small pastries of meat.

And, of course, salads: that one made of tomatoes, onions, and lettuce is the common one.

The list is long, believe me:

-) pizza

-) pasta

-) sandwiches

-) etc.

A typical breakfast is rather light: coffee and toast with jam is a good example.

An example of a lunch might be noodles with sauce and a broth soup.

A dinner can be sober or sumptuous, according to the custom of the house. A sober dinner would be a light sandwich with vegetables or cold cuts. A sumptuous dinner could be a loaded pizza and flan for dessert.

Obviously, traditional foods and those of regular consumption are not the same. Traditional food requires a lot of time in the kitchen. The economic deterioration of the country over decades made the figure of the absent mother become common since the woman also had to go out to work in order to pay for family expenses. In this way, currently the food that can be made in a short time is the most common to find on Argentine tables.

Lunch takes place at mid-day. Dinner at evening late.

It might sound stupid, but when asked what my favorite foods are, I always say anything made with love. I don't know, I think that one transmits to food the fervor with which one cooks them. And I have had to try dishes that are exquisite by nature, but whoever cooked them made them with disgust and that could be perceived in the tasting. But hey, it's what I think.