

# Costa Rica Tours, Ltd

## *Cooking & Spa Escape in Costa Rica*

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### MENUS

#### **I. Costa Rican Highlands Cuisine**

##### **Appetizer**

Patacones (fried green plantain) with red bean purée

##### **Main Dish**

Chiles Rellenos (chiles stuffed with meat/cheese, Tico style)

Arroz con pollo (rice with chicken, Tico style)

accompanied with salads and vegetables, and "picadillos"

##### **Desserts**

Tamal asado (a sweet maize tamal prepared in the oven)

##### **Drink**

Chicha de piña (fermented pineapple juice)

#### **II. African-Caribbean Cuisine**

##### **Appetizer**

Yucca balls stuffed with shrimps or cheese

##### **Main Dish**

Chicken Rondòn (with coconut milk)

Combined with Creole Rice and Beans

##### **Desserts**

Creole ginger cookies served with chocolate bits and custard

Coconut tartlets with rum

##### **Drink**

Sorrel with spices

#### **III. La Nouvelle Tropical Cuisine**

##### **Appetizer**

Plantain and cheese tartlets

##### **Main dish**

Corvina al tamarindo (seabass with tamarind sauce in banana leaves);

Combined with: patatas bravas (fiery potatoes); patacones; white rice; pumpkin puree;

Variety of vegetables and salads.

### **Desserts**

Variety of tropical fruit mousses and coulis combined and prepared in different ways, including Arazà, Tomate de palo, Maracuyà, Guanàbana

### **Drink**

Carambola Punch

## **Cooking Instructors**

### **Irazema Zuñiga (Costa Rican Highlands Cuisine)**

Irazema is a Costa Rican from the Central Valley Highlands, where the Zuñigas have lived ever since they can remember. Irazema learned how to cook from her mother and grandmother and is renowned in Santa Cruz de Turrialba for her good cooking. She graduated as a teacher and soon after this she was chosen as one of two representatives of Costa Rica and sent to the Vatican for three years. This was where she started to realize the cultural value of her own culinary tradition. Ever since she has been cooking with a full understanding and great passion, even though she has never given up teaching. Irazema always participates in preparing meals for special occasions in Santa Cruz.

**Lasel Loyd Lonis (African-Caribbean cooking)** was born in the province of Limón of Jamaican immigrant parents. At 12 years of age he started working in a rubber plantation, and on the weekends would help his mother by selling food she made. At the age of 17 he started working as a mechanic at CATIE (agricultural school) and enrolled himself in all the courses he could take. When he married at 27 he decided to pursue his dream to open a restaurant. The first Kingston Restaurant was a wooden structure with a seating capacity of 30. In 1985 he opened his new and modern Kingston Bay Restaurant, which became a great success due to Lasel's magical spoon, his personal attention, and great perseverance. Lasel has retired, but still prepares special African-Caribbean meals for events and teaches cooking courses.



**Rossana Lok (La Nouvelle Tropical Cuisine)** has lived in Costa Rica for the last 14 years. She is part Italian and part Dutch and has learned how to cook from both her grandmothers and her mother. She has been cooking for years at her lodge in Santa Cruz de Turrialba, which has become famous for its very own blend of Tropical Cuisine. Rossana's interest and knowledge of tropical fruits and vegetables has led to innovative dishes in which the Traditional is enriched with the Exotic of the Tropics! One could say: "La Nouvelle Tropical Cuisine."

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