

REFERENCIAS  
BIBLIOGRAFICAS



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RIOS

MAESTRO: CARLOS

ASIGNATURA: INGLES

2º SEMESTRE,  
BACHILLERATO EN  
ENFERMERIA

## COMIDAS TIPICA

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Venezuelan food.

Arepas are traditional from Venezuela and Colombia, they are prepared with precooked corn flour, water, salt and Little oil. They are served with a variety of different fillings.

“RECIPE”1

“Arepas”

Ingredients:

Flour, water, salt, oil, onion, tomato, eggs and meat.

Process:

- 1 Add the oil to the hot pan.
- 2 Mix flour, water and salt.
- 3 Form dough balls and then crush them with the palm of your hand.
- 4 then place them in an oil until the dough is cooked.
- 5 once the arepas are cooked, the filling is prepared, for this the onion, tomato, eggs and salt are fried to taste.
- 6 and finally the arepas are cut in half, filled with meat and the eggs mixture.
- 7 Ready!!!

“RECIPE” 2

“pavilion”

Ingredients: beans, onions, garlic, pepper, oregano, chives, sugar, rice, salt, oil and bananas.

Process:

- 1 put the bean to cook.
  - 2 chop the onion and fry with the oil, garlic, pepper and oregano and then add salt and sugar to taste.
  - 3 we cook the rice to our liking.
  - 4 we fry the bananas.
  - 5 We serve to our liking.
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## ITALIAN FOOD

“Recipe” 1

Pasta with zucchini

Ingredients:

Pasta, zuuchini, egg yolks, cream, parmesan cheese, oil and parsley.

Process:

1 cook the pasta and cut the zuuchini.

2 Mix the eggs yolks, the cream, a handful of cheese and season with salt and pepper.

3 finally putt he bacon, zuuchini and the pasta to cook.

4 ready!!!

“RECIPE” 2

Ingredients: rice, mushrooms, onion, parmesan cheese, buter, salt, oil and pepper.

Process:

1 Cut the onions and saute them with oil and the mushrooms.

2 then the rice is prepared and oce ready the cheese and add salt and pepper to taste.

3 Ready!!

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## SPANISH FOOD

Recipe 1

Patatas.

Ingredients: potatoes, chorizo, onion,oil and bay leaf.

Process:

1 The potatoes are cut and seasoned with oil and bay leaf and the onion is added.

2 the chorizo is fried and to finish the potatoes are added.

Récipe 2.

Omelette.

Ingredients: Eggs, potatoes, oil, salt and onion.

Process:

1 we cut the potatoes and fry them half.

2 we beat the eggs

3 we cut the onion

4 add in a pan the potato base, cover with onion and eggs.

5 and ready we let cook.

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English food

Récipe 1.

Sandwich

Ingredients: Bread, roast beef, cheese, ham and mustard.

Process:

1 first the bread is broken in half.

2 then the mustard is added

3 and to finish add the other ingredients.

4 ready!!

Récipe 2.

Fish and chips

Ingredients: fish, oil, chips, salt

Process:

1 potatoes are first cut and fried

2 the season the fish with salt.

3 and likewise fry

4 and ready you set it to your liking.

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Mexican food

Récipe 1

Empanadas.

Ingredients: potatoes, chorizo, oil, salt and dough.

Process:

1 the dough is made into several balls and crushed with the palm of your hand

2 the fry the potatoes with the chorizo and season with the salt

3 since the potatoes are ready add a little to the tortilla that was made and close

4 and to finish fry

Récipe 2.

## Sopes

Ingredients: dough, beans, cheese, cream, sauce and lettuce.

Process:

- 1 small tortilla dough is made and cooked
  - 2 and to serve they spread beans, then add the cheese and sauce to taste.
  - 3 ready!!!
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Colombian food.

Récipe 1.

Stuffed banana.

Process:

- 1 First the plantains are half cooked.
- 2 the it is filled with cream cheese, butter and arequipe.
- 3 and to serve it can be accompanied with lettuce and tomato.
- 4 Ready!!

Récipe 2

“Arepas”

Ingredients:

Flour, wáter, salt, oil, onion, tomato, eggs and meat.

Process:

- 1 Add the oil to the hot pan.
  - 2 Mix flour, wáter and salt.
  - 3 Form dough balls and then crush them with the palm of your hand.
  - 4 then place them in an oil until the dough is cooked.
  - 5 once the arepas are cooked, the filling is prepared, for this the onion, tomato, eggs and salt are fried to taste.
  - 6 and the finally the arepas are cut in half, filled with meat and the eggs mixture.
  - 7 Ready!!!
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Chinese food

Récipe 1.

Sweet and sour pork.

Ingredients: pork, salt, starch, soy sauce and eggs White.

Process:

1 first a mixture is made with all the ingredients except the meat.

2 then the pieces of meat are cooked.

3 add to finish the pieces of meat they are bathed in the sauce that we had already prepared

4 let it cook and when this list is served.

Récipe 2.

Chow mein

Ingredients: noodles, onion, celery and vegetables.

Process:

For its elaboration, the noodles are cooked in boiling water first, they are fried and dry, then cook the vegetables, along with the onion and celery.

And to finish, the noodles are combined with the vegetables so that their flavors are mixed and from there we serve.

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Irish food

Récipe 1

Stew

Ingredients: lamb meat, potatoes, onions and parsley.

Process: the meat is cooked together with the chopped onion, and the chopped potatoes are cooked with the parsley, and to finish the meat is put together with the potatoes so that they cook together and it is already served.

Récipe 2.

Ingredients: eggs, tomato, mushrooms and toasts.

Process: cook the mushrooms first, with the tomatoes, eggs and sausages and season with salt, and to finish the potato mixture it is added to a toast and served.

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Dominican food

Récipe 1.

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Ingredients: rice, salt, chicken meat, oil and pepper.

Process: first we must cook the rice with salt to taste, while the rice is cooking, marinate the chicken with salt and pepper to taste, then we fry the chicken and we already serve with the rice ready.

Récipe 2.

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Japanese food

Récipe 1

Sushi

Ingredients: algae, fish, rice and vegetables.

Process: fish and vegetables are cooked first, this is also how the rice is prepared and once it is cooked rice and rolls are made with the fish and vegetables on the algae.

Ready!!

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