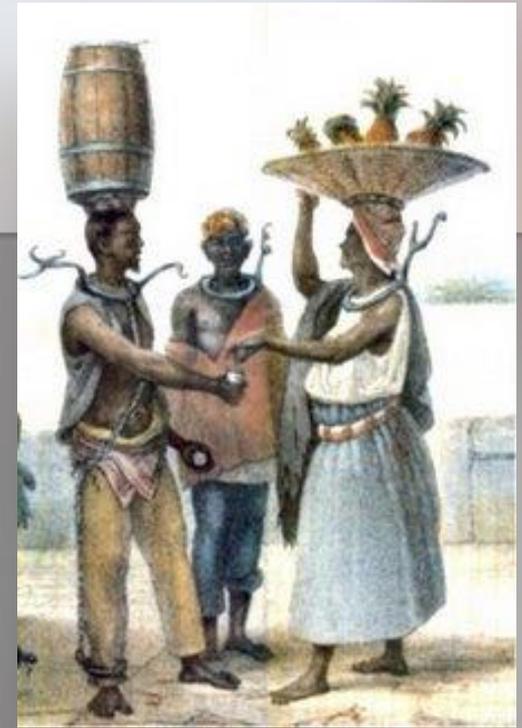
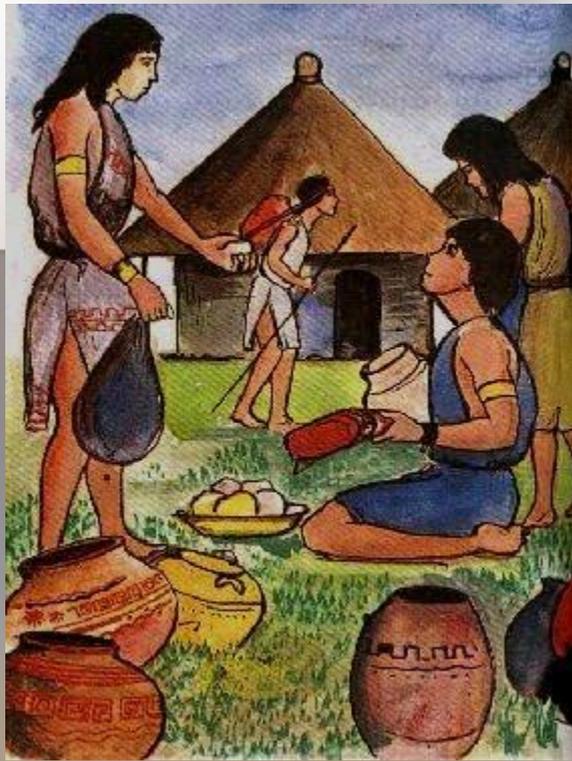




**WHERE DID OUR
CULINARY COME
FROM?**



- The culinary mixed is understood as a process of changes and modifications imposed by the confluence of the culinary autochthonous traditions, in this case, the indigenous group and the transplanted one by the Spanish immigrants, as well as, the African slaves, under the point of view of the ingredients, the technologies of boiling, cooking, the utensils and the ways of consuming the food.



THE INDIGENOUS CONTRIBUTION

- The pre-Hispanic settlers at this moment were the **Muiscas** belonging to the family of the **Chibchas**, who were basing his subsistence on a **mixed diet** combining the **agriculture** with the consumption of **meats**.
- In the moor they were dealing with the growing of **tubers**, in the inter Andean valleys they were growing **corn and potatoes**, while in the zones of moderate weather he had **corn, yucca, sweet-potatoes, squash(ahuyama) and fruit trees**.





- The tubers, they were fundamental in the diet of this agricultural group. They had ullucos or chuguas, these were small, spherical tubers, of colors white, rose or magenta with a strong bitter flavor. Other roots were the hibias, which were looking like a carrot though more short and wrinkled, his meat was characterized for being white and firm and the skin was changing from white to red, the flavor was changing of lightly acid to sweet. The potatoes was highly consume, with the advantage of which it matures in four or five months. The crop of the arracacha, the yucca and the achira was harvest in the warm lands.



- As for the cereals there was the **corn** considered the base of the indigenous food and dated for the year 1610 A C. and the **quinoa** representing the source of vegetable protein.
- Equally they were sowing Cucurbitáceas as the **ahuyama** and the **gourd** (pumpkin); the **curuba**, the **granadilla**, the **mammee**, the **guava**, the **uchuva**, the **custard apple** (**chirimoya**), the **papaya**, the **avocado** and the **pineapple**, were classifying between the fruits.





MEATS

They obtained the protein of the hunt. deer, mouse, rabbit, borugo, fox, pecaří and weasel

The salt, beside seasoning it was a valuable product of exchange, other spices that they were using were the chili, the guascas and the achiote that was using also as colouring. The drinks were consisting of chicha made with corn , pineapple or yucca, and waters of fruits.



fishing





THE SPANISH CONTRIBUTION

- The Spanish contribution is represented by the Spanish inheritance by the **new ingredients**, including those that they were bringing in the ships and those who were sowed later.
- They brought the **rice**, the **salty meat**, the **sponge cake**, the **chick-peas**, the **broad beans**, the **lentils**, the **tuna**, the **garlic**, the **capers**, the **almonds**, the **olives**, the **oil to cook**, the **wine**, the **vinegar** and the **cheese**.





- besides these food the Spanish brought to America the wheat, the sugar, the meat of different animals as well as some vegetables like the lettuce and the cabbage, new spices like the cinnamon, the pepper, the nutmeg and the sausages, between others, enriching, of this form, the indigenous diet. The furniture that the Spanish introduced were kitchenware made of copper and pewter. The glass and the crockery also were an innovation in the New Kingdom of Granada.