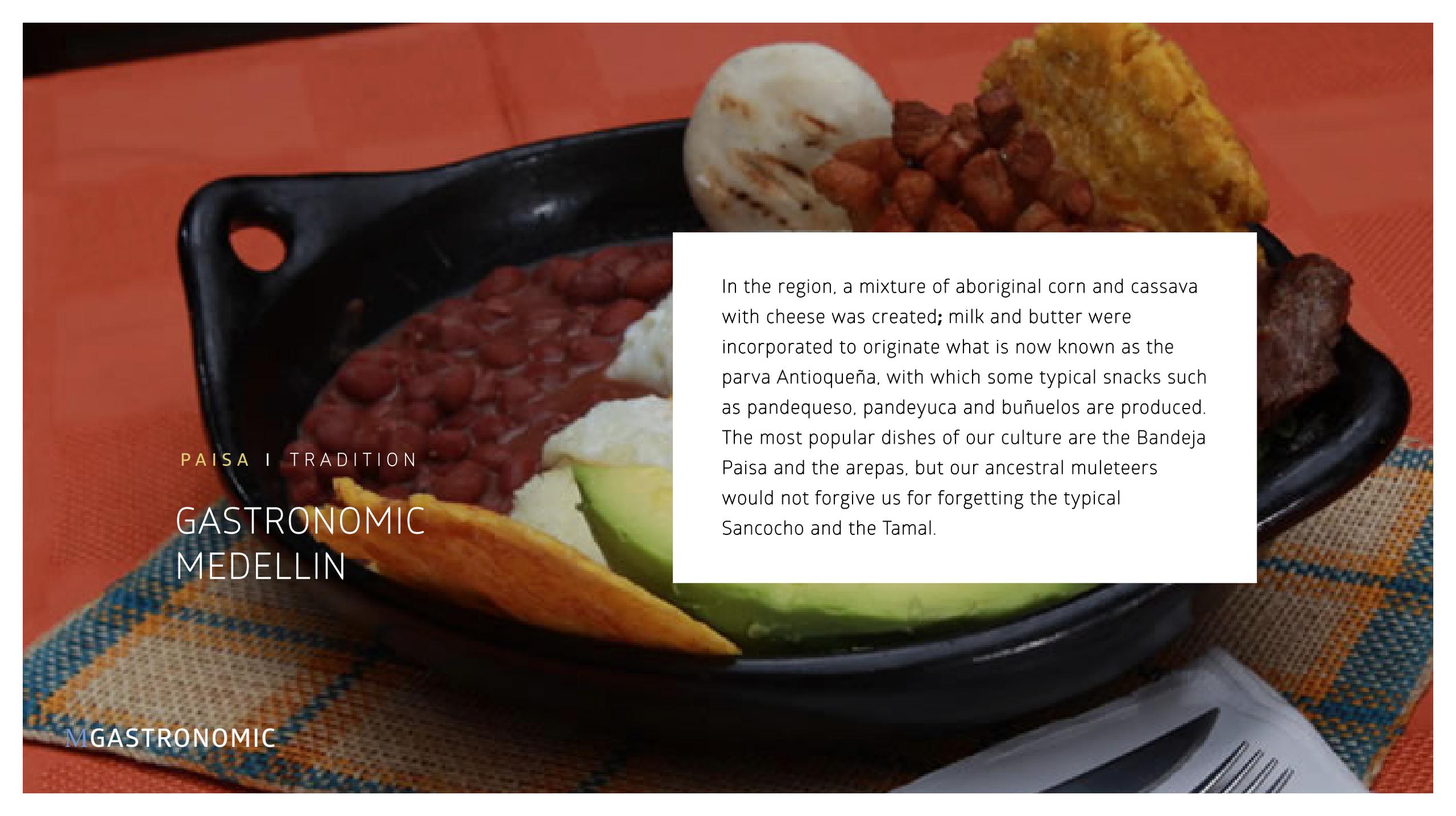


GASTRONOMIC MEDELLIN



| MEDELLIN IS TRADITION



PAISA | TRADITION

GASTRONOMIC MEDELLIN

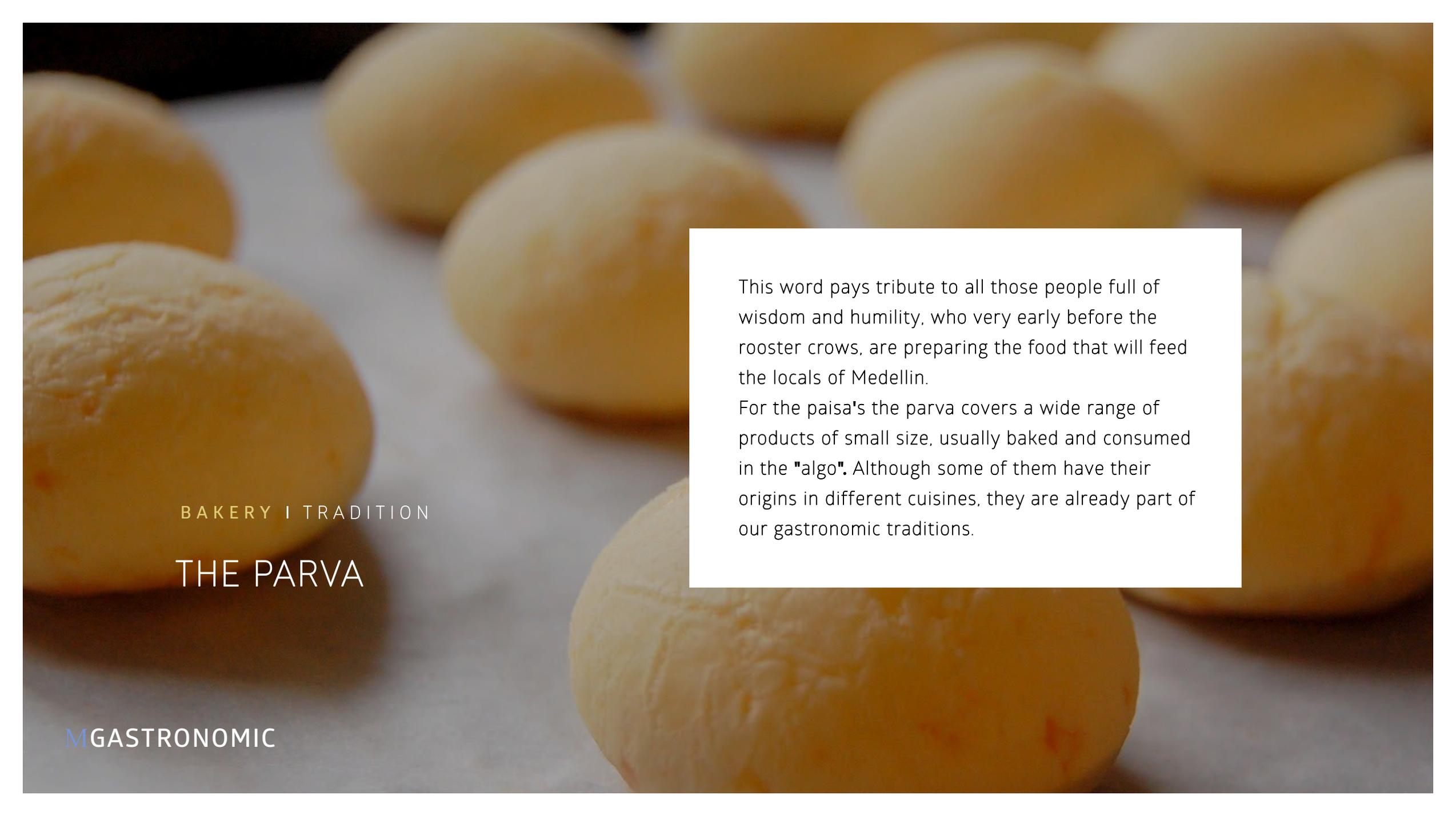
In the region, a mixture of aboriginal corn and cassava with cheese was created; milk and butter were incorporated to originate what is now known as the parva Antioqueña, with which some typical snacks such as pandequeso, pandeyuca and buñuelos are produced. The most popular dishes of our culture are the Bandeja Paisa and the arepas, but our ancestral muleteers would not forgive us for forgetting the typical Sancocho and the Tamal.

THE SECO

The Spanish brought food, dried meats, oils, wines, nuts, flours and preserves. As the Spanish colonizers appropriated the indigenous lands, other crops were introduced and new dietary habits were imposed that differed according to social classes.

The basis of the paisa food was pork, corn, beans, bananas and panelas, both in rural and urban areas and 5 meals were established: breakfast, mid-morning, lunch, "algo" and dinner.





BAKERY | TRADITION

THE PARVA

This word pays tribute to all those people full of wisdom and humility, who very early before the rooster crows, are preparing the food that will feed the locals of Medellin.

For the paisa's the parva covers a wide range of products of small size, usually baked and consumed in the "algo". Although some of them have their origins in different cuisines, they are already part of our gastronomic traditions.



THE ALGO

GASTRONOMIC | MEDELLIN

In Medellin, ideas were discussed and put into circulation in private spaces of the elite's houses, but the coffee left the house to the street. Coffee shops have always been related to the bohemian's and intellectual's world and Medellin was no exception. As the city expanded its urban frontiers, the coffee shops were a mark at the corners of the new neighborhoods, spaces considered sacred and profane.

GASTRONOMIC MEDELLIN

Included:

- Transportation
- Guides
- Lunch
- Snacks
- Medical card
- Hydration
- Shared route

Not included:

- IVA (residents)

Observations:

- Rates subject to availability and season
- All-terrain footwear
- Sunscreen