

Guides and Stories

Culinary Dairy

Full dish descriptions are available on [HERE](#)

My Taste of Ecuador

iPhone users: You can fill this journal using the built-in PDF editor. Download it and make sure to tap Done after editing.

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Once your trip is over, we'd love to hear what you discovered! If you feel like sharing your filled-out journal, you can send it to food@guidesandstories.com. We may use your culinary notes to improve future guides — but don't worry, we never store your name, email, or any personal details.

Main Dishes

Hornado – Slow-Roasted Pork

Rating (1–10):

Enjoyed At:

Opinion:

Fritada – Fried Pork

Rating (1–10):

Enjoyed At:

Opinion:

Cuy – Roasted Guinea Pig

Rating (1–10):

Enjoyed At:

Opinion:

Main Dishes

Llapingachos – Potato Patties

Rating (1–10):

Enjoyed At:

Opinion:

Churrasco Ecuatoriano – Grilled Steak Platter

Rating (1–10):

Enjoyed At:

Opinion:

Encocado de Pescado – Fish in Coconut Sauce

Rating (1–10):

Enjoyed At:

Opinion:

Soups and Stews

Locro de Papa – Potato and Cheese Soup

Rating (1–10):

Enjoyed At:

Opinion:

Encebollado – Tuna and Onion Soup

Rating (1–10):

Enjoyed At:

Opinion:

Caldo de Bola de Verde – Plantain Dumpling Soup

Rating (1–10):

Enjoyed At:

Opinion:

Soups and Stews

Fanesca – Easter Bean & Salt Cod Stew

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Ceviche de Camarón – Shrimp Ceviche

Rating (1–10):

Enjoyed At:

Opinion:

Empanadas de Viento – Fried Cheese Empanadas

Rating (1–10):

Enjoyed At:

Opinion:

Humitas – Steamed Corn Cakes

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Patacones – Fried Green Plantain Slices

Rating (1–10):

Enjoyed At:

Opinion:

Desserts & Sweets

Espumilla – Meringue Cream

Rating (1–10):

Enjoyed At:

Opinion:

Morocho – Spiced Corn Pudding

Rating (1–10):

Enjoyed At:

Opinion:

Higos con Queso – Figs with Cheese

Rating (1–10):

Enjoyed At:

Opinion: