

Guides and Stories

Culinary Diary

For in-depth descriptions of all dishes, check out our post here:
<https://guidesandstories.com/best-food-in-ecuador/>

My Taste of Ecuador

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A token for travelers

This digital diary is a symbol of sustainable travel, built for **reusing and sharing**, just like so many other things should be.

It's meant to be passed on: add your name to the list of owners, and if you meet other food-curious travelers, pass it along. They can get inspiration from your notes, and with a little effort, reuse it to start their own delicious journey. Let's see how many happy travelers this shared experience can create.

iPhone users: You can fill this journal using the built-in PDF editor. Download the file and remember to tap "Done" after each edit.

Android users: Please download the free Adobe Acrobat Reader app to fill in this dairy — most default android viewers don't support form editing

Main Dishes

Hornado – Slow-roasted pork with crispy skin

Rating (1–10):

Enjoyed At:

Opinion:

Fritada – Fried pork chunks, moist inside and crispy outside

Rating (1–10):

Enjoyed At:

Opinion:

Cuy – A traditional dish of whole roasted guinea pig

Rating (1–10):

Enjoyed At:

Opinion:

Llapingachos – Pan-seared potato patties, often stuffed with cheese

Rating (1–10):

Enjoyed At:

Opinion:

Churrasco Ecuatoriano – A platter of grilled steak with various sides

Rating (1–10):

Enjoyed At:

Opinion:

Main Dishes

Encocado de Pescado – Fish or shrimp simmered in a coconut sauce

Rating (1–10):

Enjoyed At:

Opinion:

Soups & Stews

Locro de Papa – A thick and creamy potato and cheese soup

Rating (1–10):

Enjoyed At:

Opinion:

Encebollado – A tuna and onion soup, considered the national dish

Rating (1–10):

Enjoyed At:

Opinion:

Caldo de Bola de Verde – A soup with a large plantain dumpling

Rating (1–10):

Enjoyed At:

Opinion:

Fanesca – A symbolic Easter stew with twelve grains and salt cod

Rating (1–10):

Enjoyed At:

Opinion:

Small Plates & Cold Dishes

Ceviche de Camaron – Shrimp ceviche with a tangy, soupy marinade

Rating (1–10):

Enjoyed At:

Opinion:

Empanadas de Viento – Fried, cheese-filled pastries that puff up

Rating (1–10):

Enjoyed At:

Opinion:

Humitas – Steamed, savory corn cakes wrapped in corn husks

Rating (1–10):

Enjoyed At:

Opinion:

Patacones – Twice-fried, crispy green plantain slices

Rating (1–10):

Enjoyed At:

Opinion:

Desserts & Sweets

Espumilla – A meringue foam dessert served in an ice cream cone

Rating (1–10):

Enjoyed At:

Opinion:

Morocho – A warm, thick, sweet corn pudding

Rating (1–10):

Enjoyed At:

Opinion:

Higos con Queso – Figs preserved in syrup served with fresh cheese

Rating (1–10):

Enjoyed At:

Opinion:

Drinks

Colada Morada – A thick, purple drink for the Day of the Dead

Rating (1–10):

Enjoyed At:

Opinion:

Jugo de Naranja – A unique, tangy juice from the naranjilla fruit

Rating (1–10):

Enjoyed At:

Opinion:

Canelazo – A warm, spiced sugar cane alcohol drink

Rating (1–10):

Enjoyed At:

Opinion:

Chicha de Jora – A traditional fermented corn beer

Rating (1–10):

Enjoyed At:

Opinion: