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ARGENTINA
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Argentinian Gastronomic map

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Norte



Humita



Tamal



Empanadas



Locro



1

HUMITA



Hailing from South America, Argentine *humita* is a revered vegetable dish. Crafted primarily with corn, onions, and spices, it mirrors Argentina's rich culinary heritage. Regional variations may include additions like milk, red peppers, cheese, or spring onions. Preparation entails blending fresh ingredients, encasing the mixture in corn husks, and simmering to perfection. Argentine *humitas* serve as a comforting staple, embodying the essence of familial gatherings and shared meals.

2

TAMAL



Originating in Salta, Argentina, [*Tamales Salteños*](#) boast a unique culinary tradition. Fresh corn husks, known as *chalas*, cradle a delectable filling of corn flour combined with tender shreds of lamb or pork. Enhanced with onions, *pimentón*, and *ají* peppers, these tamales offer a burst of flavor with every bite. Following assembly, they are boiled to perfection, emerging warm and inviting, ready to be savored.

3

EMPANADA



Argentinian [*empanadas*](#) are traditional pastries filled with a variety of ingredients, from meat to cheese and vegetables. The dough, typically made with wheat flour, is rolled thin and folded over a filling, then baked or fried to golden perfection. Traditional *empanadas* often feature ingredients such as ground beef, onions, and spices, giving them a robust and savory flavor. Each region of Argentina boasts its own unique style and flavor profiles, from small ones from Salta to large Mendoza-style ones with garlic and olives, or *Cordillera* ones with lamb. *Empanadas argentinas* are not just a culinary delight— they are also a cultural symbol, even declared a Cultural Heritage of Food and Gastronomy by the Argentine Ministry of Culture.

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LOCRO



Locro's name comes from Quechua, and is a hearty stew deeply ingrained in the culinary heritage of Argentina. Originating in the North and Cuyo regions, its savory aroma and rich flavor have captivated palates nationwide. Crafted from a base of squash, beans, and corn, *locro* offers a symphony of textures and tastes. White corn kernels, tender meat cuts, and succulent ribs mingle with savory sausages and smoky bacon, creating a harmonious blend of flavors. Traditionally reserved for special occasions like May Revolution Day, *locro* is a comforting staple during chilly winters. Served piping hot, it beckons with its steaming embrace, accompanied by crusty bread to sop up every last drop of savory broth. For those seeking an extra kick, *quiquirimichi*, a traditional hot sauce, adds a fiery flourish to this already vibrant dish.

5

CARBONADA



[Carbonada](#) is a cherished culinary gem from Argentina. This hearty dish embodies the essence of Argentinian cuisine, crafted with a blend of flavors simmered to perfection. Traditionally prepared in a pot over a wood fire, it begins with tender chunks of goat meat complemented by chunks of pumpkin, soft corn, potatoes, and peaches. The medley is infused with aromatic seasonings, creating a symphony of taste. Slow-cooked until the fire dwindles, each ingredient melds into a harmonious amalgamation of savory goodness. Goat *carbonada* is not merely a meal; it is a culinary voyage through the rich tapestry of Argentinian gastronomy.

Cuyo



Wine



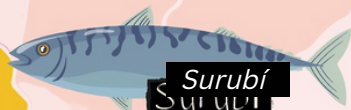
Córdoba

Alfajor



Fernet

Asado



Surubí
Sui ui ui

Dorado



Litoral



Mate

Pizza



Beer



Dulce de
leche



Medialuna

Buenos
Aires



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ASADO



The [asado](#) is Argentina's quintessential barbecue tradition, deeply embedded in its culture. It's a social event where friends and family gather to grill various cuts of meat, such as beef, sausage, and sometimes offal, over an open flame or hot coals. The meats are typically seasoned with just salt and sometimes a *chimichurri* sauce for added flavor. [Asado](#) isn't just about the food; it's about the experience of coming together, sharing stories, and enjoying good company around the grill. It symbolizes Argentine hospitality and the importance of communal gatherings in Argentine society.

7

PASTA



Argentine pasta, born from the rich heritage of Italian [immigrants](#), holds a cherished place in our culture. With an abundance of fresh pasta shops across Argentina, indulging in pasta dishes is a daily ritual, especially on weekends when families gather. *Sorrentinos*, believed to have originated in Mar del Plata by Italian descendants, are a beloved variety, boasting various fillings. Additionally, the tradition of eating [ñoquis](#) on the 29th of each month further highlights our deep-rooted love for pasta and culinary customs.

8

PIZZA



In Argentina, the [classic pizza](#) is undoubtedly the *muzzarella*, adorned with gooey cheese atop a perfectly baked crust. Whether ordered *a la piedra* for a crispier texture or *al molde* for a softer bite, this timeless favorite embodies the essence of Argentine pizza culture, bringing families and friends together to savor every cheesy, flavorful slice. Alongside this staple, Argentinians indulge in the gluttonous *fugazzeta* and the savory *faina*, adding depth and variety to the [pizza experience](#). Rooted in the culinary heritage of Italian immigrants, pizzas have become an integral part of Argentine culture, celebrated for their delicious flavors and the memories they create around the table.

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MILANESA



Milanesa, an emblematic dish in Argentina, celebrated annually on May 3rd, reflects the nation's culinary heritage intertwined with the influence of Italian immigrants. This iconic dish, often hailed as Argentina's unofficial national favorite, embodies simplicity and savory delight. Originating from Italy's *cotoletta alla milanese*, it shares many similarities with the Austrian Wiener schnitzel and the American chicken fried steak. Additionally, the *milanesa napolitana*, a popular variation adorned with ham, tomato sauce, and melted cheese, adds a flavorful twist to its crispy texture. Unique variations like the *milanesa a la Maryland*, inspired by American cuisine, infuse exciting twists into its timeless appeal. Whether enjoyed at home or in restaurants, *milanesa* captures the essence of Argentine cuisine.

10 VINO



Argentina is a wine-producing country that can be explored and savored from north to south. Along its 3,800 km stretch, vineyards sprawl across 530,787.34 acres, showcasing a plethora of grape varieties. Among them, Malbec stands out, and it is celebrated annually on April 17th, [World Malbec Day](#). This grape thrives in Argentina's diverse terroirs, yielding exceptional wines of unparalleled quality. [Argentina's wine](#) culture is deeply rooted in its rich history and diverse geography. The country's winemakers skillfully blend tradition with innovation, crafting a wide array of styles to please every palate. Whether you're savoring a robust [Malbec](#), a crisp Torrontés, or a velvety Cabernet Sauvignon, Argentina's wines offer a journey of discovery and delight for wine enthusiasts around the globe.

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MATE



[Mate](#) in Argentina is more than just a beverage; it's a cultural icon deeply ingrained in daily life. Crafted from dried [yerba mate](#) leaves, it symbolizes camaraderie and tradition. Argentini­ans indulge in mate throughout the day, whether at work, social gatherings, or relaxing moments. Its rich flavor and energizing properties make it a beloved national treasure. Embraced as a symbol of identity, the *Mate Argentino* represents the essence of Argentine hospitality and warmth.

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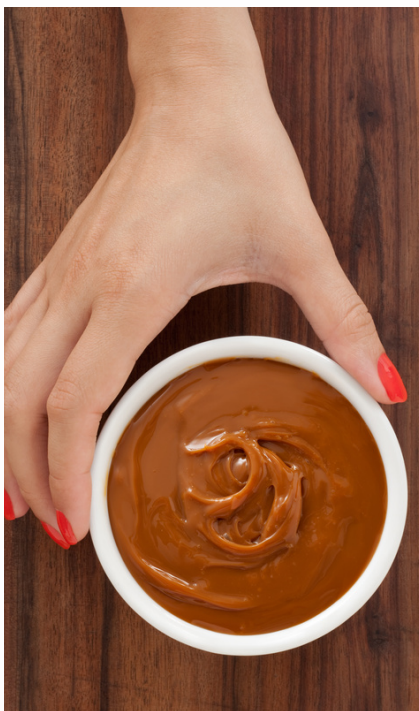
MEDIALUNA



In Argentina, [bakeries](#) are renowned for their excellence, offering a delightful array of baked goods. Among these delights are the famous [medialunas](#), often considered Argentina's answer to the French croissant. These soft, crescent-shaped pastries closely resemble their French counterpart but boast a unique Argentine touch. They're a tad more moist, slightly smaller, and carry a touch more sweetness. There are two traditional varieties: one crafted with butter, yielding a larger size, and another made with lard, resulting in a smaller version. Typically adorned with a delectable rum-and-sugar glaze, medialunas are a staple for breakfast or as an afternoon indulgence, ideally savored with a robust cup of *café con leche* or alongside *mate*.

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DULCE DE LECHE



Dulce de leche, an Argentine delicacy, is created by slowly caramelizing sweetened milk to achieve a creamy, rich consistency. This beloved treat, often compared to caramel but with its unique flavor, is a cornerstone of Argentine cuisine. Celebrated annually on October 11th, *dulce de leche* holds a special place in the Argentine culture. Argentines are big fans of *dulce de leche*, consuming over 3 kg per year! Whether spread on toast, layered in cakes, or drizzled over desserts, *dulce de leche* is a delightful indulgence enjoyed by many across the globe.

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ALFAJOR



[Alfajores](#), cherished treats in Argentina, are sandwich cookies consisting of two soft biscuits enfolding a sumptuous *dulce de leche* filling, often coated in creamy milk chocolate. They come in various regional varieties like the [Alfajor de Maicena](#), [el Santafesino](#), and *el Patagónico*, among others. Renowned for their indulgent taste and texture, alfajores hold significant cultural importance in Argentina, adored by locals and sought after by visitors alike. With an estimated consumption of over a billion annually, *alfajores* stand as an iconic symbol of Argentine gastronomy, delighting palates with their irresistible sweetness and comforting allure.

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ROGEL



Argentina's pastry tradition is renowned for its diverse range of delectable cakes and desserts, stemming from a rich culinary heritage influenced by various cultures like Italian, Spanish, and French. The *Rogel* cake stands out as a classic delicacy. Comprising thin layers of dough generously coated in *dulce de leche*, this dessert reflects a fusion of cultural influences and remains a beloved centerpiece of Argentine celebrations. *Rogel* epitomizes the excellence of Argentine pastry craft, offering a symphony of flavors and textures that captivate the senses. Whether enjoyed as a standalone treat or as the perfect ending to a lavish meal, its indulgent sweetness and rich heritage ensure its enduring popularity among locals and visitors alike.

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HELADO



[Argentinian ice cream](#), known as *helado*, traces its origins back to the recipes brought over by Italian immigrants. Over time, it has evolved into a cherished culinary tradition deeply influenced by Italian gelato. What sets Argentinian *helado* apart is its luxuriously creamy texture and imaginative flavor combinations. Whether savoring the classic sweetness of *dulce de leche* or the intricate flavors of *sambayón* and pistachio, each scoop tells a story of cultural fusion and culinary innovation. The careful selection of natural, premium ingredients further elevates its quality, ensuring that every bite is a symphony of harmonious taste and texture. Enjoying *helado* in Argentina goes beyond mere indulgence—it's a profound appreciation for tradition, craftsmanship, and the pursuit of culinary excellence.



Patagonian
lamb



Chocolate

Berries

Patagonia



Trout



17

CHOCOLATE



In Argentina, particularly in the southern regions, [chocolate](#) excellence thrives amidst a blend of tradition and innovation. Renowned for its rich, velvety texture and intricate flavors with a history steeped in European influences, Argentine chocolatiers have mastered the art of chocolate making, crafting delectable treats that captivate the senses. From artisanal creations to indulgent desserts, the chocolate culture in the southern regions of Argentina embodies a commitment to quality and a celebration of culinary mastery.



Cordero Patagónico is a cherished culinary tradition originating from Argentina's southern region. This delicacy features a whole [lamb](#), meticulously prepared and butterflied, mounted on an iron cross and slowly roasted over an open flame. Throughout the cooking process, a blend of water, salt, garlic, and aromatic herbs like oregano, rosemary, and bay leaf infuses the lamb with rich flavor. After hours of slow roasting, the [lamb](#) emerges with a crispy, golden-brown exterior and tender, succulent meat inside. Served alongside roasted vegetables, potatoes, fresh salads, and savory sauces, each slice offers a taste of [Patagonian](#) tradition. Paired ideally with robust red wines such as Malbec, Merlot, or Cabernet Sauvignon, this dish embodies the rich flavors and culinary heritage of the Patagonian region, making it a must-try for any food enthusiast.



Dorada a la Parrilla, a beloved Argentine dish, features *dorado* fish grilled to perfection and coated in a sauce of white wine, aromatic herbs, oil, salt, and pepper, resulting in a harmonious blend of flavors and textures. The grilling process imparts a subtle smokiness, enhancing the fish's natural taste while providing a satisfying crispness. Served hot, this dish is a culinary delight, showcasing the essence of Argentine cuisine in every bite.

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