

Veal Cutlet  
Veal Steak  
Bacon  
Baloney  
Pork Chops  
Pork Loin  
Pork Tenderloin  
Roast Pork  
Salami  
Sausage  
Lamb Chops  
Leg of Lamb  
Roast Lamb

**Chicken**

Duck  
Partridge  
Pheasant  
Quail  
Hare  
Rabbit  
Turkey  
Venison

**FISH**

Albacor  
Anchovies  
Cod  
Conger-eel  
Eel  
Flounder (or sole)  
Hake (or whiting)  
Herring  
Mackarel (or smelt)  
Mullet  
Salmon  
Sardines  
Sea-bass  
Trout  
Tuna

Escalopa De Ternera  
Bistec De Ternera  
Tocino  
Mortadela  
Chuletas de Cerdo  
Lomo de Cerdo  
Filete de Cerdo  
Asado de Cerdo  
Salchichón/salame  
Salchicha/chorizo  
Chuletas de Cordero  
Pierna de Cordero  
Cordero Asado

**Pollo**

Pato  
Perdíz  
Faisán  
Codorníz  
Liebre  
Conejo  
Pavo  
Venado

**PESCADO**

Albacora  
Anchoas  
Bacalao  
Congrio  
Anguila  
Lenguado  
Merluza  
Arenque  
Pejerrey  
Lisa  
Salmón  
Sardinas  
Corvina  
Trucha  
Atún

MOLLUSKS AND SHELLFISH

Abalones  
Clams  
Crab  
Lobster  
Mussels (large)  
Mussels (small)  
King-crab  
Octopus  
Oysters  
Prawns  
Shrimp  
Snails  
Sea-urchins  
Squid  
Tongue clams (or Razor clams)

VEGETABLES

Asparagus  
Artichoke  
Avocado  
Beans  
Beet (Beetroot)  
Broccoli  
Brussels sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Chick-peas  
Chili pepper  
Coriander  
Corn  
Cucumbers  
Eggplant  
Garlic  
Green beans  
Heart of palms

MOLUSCOS Y MARISCOS

Locos  
Almeja  
Jalpa  
Langosta  
Cholgas  
Choritos  
Centolla  
Pulpo  
Ostras  
Langostinos  
Camarones  
Caracoles  
Erizos  
Calamares  
Machas

VERDURAS

Espárragos  
Alcachofa  
Palta  
Porotos  
Betarraga  
Brócoli  
Repollitos Bruselas  
Repollo  
Zanahoria  
Coliflor  
Aplio  
Garbanzos  
Ají  
Cilantro  
Maiz; Choclo  
Pepinos  
Berenjena  
Ajo  
Porotos verdes  
Palmito

Lentils  
Lettuce  
Lima beans  
Mushrooms  
Onions  
Parsley  
Peas  
Potatoes  
Pumpkin  
Radishes  
Spinach  
Squash  
Sweet pepper  
Sweet potatoes  
Swiss chard  
Tomatoes  
Watercress  
Zucchini

### FRUITS

Apple  
Pear  
Apricot  
Peach  
Banana  
Orange  
Cherry  
Plum  
Grapefruit  
Grape  
Lemon  
Pineapple  
Melon  
Watermelon  
Strawberries  
Raspberries  
Tangerina  
Dates  
Figs

Lentejas  
Lechuga  
Habas  
Champiñones  
Cebolla  
Perejil  
Arvejas  
Papas  
Zapallo de guarda  
Rabanitos  
Espinaca  
Zapallo  
Pimiento morrón  
Camotes  
Camote  
Tomates  
Acelga  
Zapallo Italiano

### FRUTAS

Manzana  
Pera  
Albaricoque/damasco  
Durazno  
Plátano  
Naranja  
Cerezas  
Ciruela  
Pomelo  
Uva  
Limón  
Piña  
Melón  
Sandía  
Fresas/frutillas  
Frambuesas  
Mandarina  
Dátiles  
Higos

## APPETIZERS/HORS d'OEUVRES-ENTREMESES

Clams  
Cold Cuts  
Crabmeat Cocktail  
Fresh Vegetables  
Seafood Cocktail  
Shrimp Cocktail  
Stuffed Mushrooms

Almejas  
Fiambres  
Coctel De Cangrejo  
Legumbres Frescas  
Coctel De Mariscos  
Coctel De Camarones  
Hongos Rellenos

## Soups - Sopas

Bean Soup  
Cheese Soup  
Mushroom Soup  
Noodle Soup  
Onion Soup  
Pea Soup  
Potato Soup  
Seafood Soup  
Stew  
Vegetable Soup

Sopa de Porotos  
Sopa de Queso  
Sopa de Hongos  
Sopa de Fideos  
Sopa de Cebollas  
Sopa de Arvejas  
Sopa de Papas  
Sopa de Mariscos  
Estofado  
Sopa de Legumbres

## Eggs

Egg Salad  
Fried Eggs  
Hard-boiled Eggs  
Scrambled Eggs  
Soft Boiled Eggs

Ensalada de Huevos  
Huevos Fritos  
Huevos Duros  
Huevos Revueltos  
Huevos en Agua

## METHODS OF PREPARATION (METODOS DE PREPARACION)

Cooked  
Fried  
Baked  
Steamed  
Grilled  
Broiled  
Breaded  
Roasted  
Raw  
Rare  
Medium  
Well Done

Cocido  
Frito  
Al Horno  
Cocido Al Vapor  
A La Parrilla  
A La Plancha  
Empanado  
Asado  
Crudo  
Medio Crudo  
En Su Punto  
Bien Cocido

# FOOD

## RED MEATS

### AMERICAN CUTS

Chops  
Chuck roast  
Loin roast  
Round steak  
Rump roast  
Sirloin steak  
T-Bone steak  
Tenderloin Steak  
Beef  
Ground beef  
Rib  
Roast  
Steak  
Liver  
Tongue  
Tripe  
Calf  
Veal  
Lamb  
Spring lamb  
Mutton

### **Pork**

Bacon  
Blood sausages  
Crisp pork rind  
Ham  
Pork chops  
Roast pork  
Broiled Steak  
Meatballs  
Prime Rib  
Veal Chops

### CHILEAN CUTS

Chuletas  
Lomo Vetado  
Rosbif  
Pollo ganso  
Punta ganso  
Lomo liso  
Entrecot  
Filete  
Vacuno  
Carne Molida  
Costillar  
Asado  
Biste  
Hígado  
Lengua  
Chunchules; guatitas  
Ternera  
Novillo  
Cordero  
Cordero lechón  
Carnero

### **Cerdo**

Tocino  
Prietas  
Chicharrones  
Jamón  
Chuletas de cerdo  
Asado de Cerdo  
Bistec Asado  
Albondigas  
Chuleta De Vacuno  
Chuletas De Ternera