

Carne de Res (Beef)

carne para guisar (stew meat)
carne molida (ground beef)
cocina (corned beef)
corazón (heart)
costillas (short ribs)
costillas y solomo (club steak)
chocosuela (sirloin tip)
churrasco (Kansas City cut)
falda (flank)
ganso (sirloin top)
hígado (liver)
huesos (bones)
lagarto La Reina (round heel)
lagarto (shank, shin bone)
lengua (tongue)
lomito (tenderloin)
muchacho cuadrado (round bottom)
muchacho redondo (eye of round)
paleta (shoulder)
pecho (brisket)
pulpa de solomo abierto
(chuck roast)
pulpa negra (round steak)
riñón (kidney)
sebo (suet)
sesos (brains)
solomo (New York steak)
solomo abierto (chuck steak)
solomo y costilla (club steak)
solomo de cuerito (prime ribs)
solomo con lomito (T-bone)

Artículos principales (Cont.)

azúcar moscabada (brown sugar)
azúcar para nevar (powdered
sugar)
bicarbonato de soda (soda)
café (coffee)
cereales (cereals)
encurtidos (pickles)
espaguetti (spaghetti)
fideos, tallarines (noodles)
galletas dulces (cookies)
galletas saladas (crackers)
harina de trigo (flour)
harina de maíz (cornmeal)
hojuelas de maíz (cornflakers)
jalea (jelly)
levadura (yeast)
macarrones (macaroni)
maicena (cornstarch)
mayonesa (mayonaise)
mostaza (mustard)
polvo de hornear (baking
powder)
sal (salt)
salsa para ensalada (salad
dressing)
salsa de tomate (catsup,
tomato sauce)
sopa (soup)
te (tea)
vinagre (vinegar)

Aves (Poultry) y Caza (Game)

cachicamo (armadillo)
codorniz (quail)
conejo (rabbit)
faisán (pheasant)
gallina (hen)
lapa (lapa)
paloma (pigeon, dove)
pato (duck)
pavo (turkey)
perdiz (partridge)
pichón (squab)
pollo (chicken)
tortuga, morrocoy (turtle)
venado (venison)

Carne de Cochino (Pork)

centro (loin)
costillas (ribs)
chorizo (sausage)
chuleta (chop)
jamón (ham)
pernil (leg)
salchicha (sausage)
tocineta (bacon)
tocino (salt pork)

Cordero (Lamb)

Oveja (Sheep)

Ternera (Veal)

30

30

50

esperar

~~esperar~~

mercado

~~mercado~~

MORROCOY, Venezuelan turtle, when you can get it, is delicious in "steaks", casseroles, and there is a local "pie" version, made in some parts of the country, which is delicious. Consult your cookbook for recipes.

CHIVO, Goat, a very popular meat in the areas of Venezuela where it is roasted over an open fire, almost to the charcoal stage. For most palates, a better way of cooking is to parboil (to take away the strong taste), then with fresh water simmer to a tender stage and then broil or bake in a barbecue sauce.

Other variety meats are:

Corazón	- Heart	Mondongo	- Tripe
Hígado de cochino	- Pork liver	Riñón	- Kidney
Hígado de res	- Beef liver	Sebo	- Suet
Hígado de ternera	- Veal liver	Sesos	- Brains
Lengua	- Tongue		

SAUSAGES AND COLD CUTS

Sausages to cook:

Chorizo	-Spicy sausage
Knackwurst	-German sausage
Morcilla	-Blood sausage with rice or onion
Perros calientes	-Hot dogs

Cold Cuts:

Chorizo	-Spicy, orange colored sausage
Jamón ahumado	-Smoked ham
Jamón de pierna	-Ham
Pasta de hígado	-Liverwurst
Pasta de hígado ahumado	-Smoked liverwurst
Salchichón	-Salami
Tipo Milano	-Domestic Milan type (finer in texture)
Tipo Napoli	-Domestic Napoli type (coarser in texture)

SEAFOOD

Seafood and fish is widely available in Venezuela, much of it caught in local waters. To aid you in identifying the different varieties, a list of the available fish is provided below. Like meat, fish is sold in fish stores (pescader|a) or in the supermarket. It is a good idea to find out when the fresh supplies are delivered to the store and buy on that day, preferably in the morning. Many pescader|as open in the very early morning hours to sell wholesale to the restaurants, then open for a few hours and sell to the public, and are closed by noon. Shop early!