

Belize Cuisine

With so many different cultures living together in the same country, it's only natural that we would have a wide variety of food. From seafood to traditional food to wonderful BBQ, there's plenty to love about eating here. For the best in Belizean cuisine, look no further than local eateries and food stands. Locals really know what good food is.

BELIZE DISTRICT:

Meat Pies: Belize City is the hot-spot for this traditional Belizean dish. Ask the locals and they'll have a favorite place to get their meat pies and a tried and true way to eat it. Meat pies are a delicious combination of onions, peppers, meat and spices inside a warm crust.



Rice and Beans: Typically used to complement a main dish, white rice and red kidney beans are most commonly found in Belize and a specialty in this region. A truly authentic Belizean dinner would pair either of these varieties with stewed or baked chicken.

Cowfoot Soup: For a culinary experience not found at home, try Cowfoot soup in the Belize District. The cowfoot is boiled to soften and mixed with a variety of vegetables, seasoning and okro pepper.

Stewed Chicken: One of the most traditional Belizean dishes, stewed chicken is one that every visitor should experience. The secret to this delectable dish is to brown the chicken that's been rubbed with an annatto paste called "recado," and sprinkled with salt, pepper and garlic before adding water, a dash of vinegar, chopped onions and sweet peppers.



COROZAL DISTRICT:

Escabeche: This dish expertly blends flavors from Mestizo, Spanish and Maya cultures with a spicy combination of chicken smothered with onions in vinegar, peppers and other spices. Fresh corn tortillas are made to complement the dish, which are prepared by mixing ground whole corn with white lime and water.

Chimole Soup: Chimole, also known as "Black Dinner" is a tasty, black-colored soup with roots in Maya and Mestizo cultures but enjoyed by all in Belize. This savory hearty soup made with the unique ingredient black recado is a local favorite.



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TOLEDO DISTRICT:

Cohune Cabbage: Cohune cabbage, made with heart of palm flavored with yellow ginger (turmeric), is one not to be missed! This curried cabbage is at its best in the Southern towns of Belize.

Sahou: A porridge-like cassava drink mixed with grated coconut diluted in water, cinnamon, nutmeg, vanilla, and condensed milk. A cup of sahou is best served warm.

Stann Creek District:

Hudut: A coconut milk (Fish) soup infused with local spices, served with a side of mashed green and seasoned ripe plantains with coconut.



OFFSHORE ISLANDS & ATOLLS:

Seafood: Due to Belize's excellent geographical location, the seafood is plentiful, of high quality and available almost anywhere in the country, but is at its freshest on the islands. Conch, shrimp, squid, crab soup, ceviche are just a few of the seafood selections found on Belizean menus.



Lobster: At the close of lobster season, which runs from July 1st to February 28th, several coastal towns including San Pedro on Ambergris Caye, Caye Caulker and Placencia host the world-renowned Lobster Fests. This celebration features live music and dancing along with the delicious catch of the season. The Lobster Fest is scheduled every year in July and attracts visitors from all over the globe to enjoy the wide array of lobster delicacies.

BELIZEAN PRODUCTS:

Ask any Belizean upon arrival at the international airport, on your way to your hotel, or when visiting a local restaurant, they will share notable hints of our must-try locally produced habanero blended hot sauces, the beer of Belize, our organic dark chocolates, and the best rum of Belize. Every packed lunch for the day's hike, every restaurant on the island or mainland, and every sunset cruise along our beautiful barrier reef will allow you to try one of these internationally recognized Belizean-made products. Without a doubt, you will find a favorite and want to take it back home with you. Do not worry if you only bring a carry-on or forget to pick it up at the local stores as you will be able to purchase a few bottles, bars, or jars of your favorites at the international airport's departure lounge.

