



FOOD + CULTURE

A fusion of ethnicities, Belize is home to many cultural groups, including Mestizo (mixture of Spanish and Maya), Creoles, Garifuna, Mennonites, East Indians, Chinese, Taiwanese and Middle Eastern people. This melting pot has infused Belize with unique and interesting cultural traditions and taste sensations.

The staple of Belizean cuisine is classic rice and beans, sometimes cooked together in coconut milk. Stewed chicken is another favorite, its flavor derived from rubbing the chicken with an annatto paste called recado. A typical Garifuna dish is boil-up or sere, a fish soup, and several Belizean offerings blend many cooking traditions, like chicken escabeche with corn tortillas.

Of course, seafood is plentiful and always fresh throughout the country, with lobster, conch, shrimp, squid, red snapper and grouper as regional specialties. Your clients will find Marie Sharp's Hot Sauce on every table, locally made and proudly supported by area restaurants. To cool down, Belikin beer, the country's national beer, is a great choice, or there's five-year aged Prestige, one of the finest Belizean rums.

And make sure your clients don't leave before sampling Belizean chocolate from one of four local producers: IXCACAO Maya Belizean Chocolate, Goss Chocolate, Kakaw Belizean Chocolate or Cotton Tree Chocolate, made with organic cacao beans from the south and cane sugar from Orange Walk.