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FRUIT BATIDO



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“Trying to Save  
the Coral and  
the Rain Forest”

A LIVE, VIRTUAL TOUR TO  
CAHUITA NATIONAL PARK,  
COSTA RICA

# Famous Foods

## GALLO PINTO

Gallo pinto means spotted rooster in Spanish, after the speckled look of the dark beans against the white rice. It is a fairly simple recipe, you cook and season the rice, do the same for the beans and then mix them together.

## CASADO

Casado is probably the most traditional dish in Costa Rican cuisine. It is a dish made up of many foods. Casado is a marriage of the foods that are served together, marriage is the meaning of the word casado. The location within the country will determine which meat you receive, or which you can choose from.

## TAMAL

Tamal is similar to a Mexican tamale, however it varies in that Costa Rican's are very fond of garlic, but go extremely easy with other spices. Also, Costa Rican tamals are wrapped in banana leaves, rather than corn husks for tamales. The ingredients of both are similar, masa, rice, meat and vegetables.

# Famous Drinks

## BATIDOS (SMOOTHIES)

One of the most delicious drinks in Costa Rica is the smoothies. Not only are they fresh and delicious but they are also healthy options, They can be made with water or milk. The ones made with water will be watery and icy, while the ones with milk are thicker and will taste like a fruit milkshake.

## COFFEE

Coffee has a rich heritage in Costa Rica. Originally residents were not able to drink or buy the best coffee. Today Costa Rica's coffee culture is thriving, café owners have access to some of the finest beans in the country. Some of the country's premier brands include Doka, Café Britt, Dota, and Tarrazu.

## FRESCO DE TAMARINDO (JUICE)

Tamarind has a hard brown shell. To prepare the fruit is soaked overnight, the seeds and extra strings are removed, the fruit is added to a blender with water, until pureed. It is strained and more water and sugar are added.

# Make Your Own

## GALLO PINTO

### INGREDIENTS:

- 3 cups cooked rice brown or white\*
- 2 Tbsp. olive oil
- 1 red bell pepper finely diced
- 1 sweet onion finely diced
- 2 cloves garlic crushed
- 1/3 cup Lizano salsa
- 1/2 tsp. cumin
- 1/4 tsp. paprika
- 1/8 tsp. cayenne pepper
- 1/2 tsp. salt to taste
- 15- oz. can black beans drained

### DIRECTIONS:

1. In a large skillet over medium heat add olive oil, bell peppers, and onion. Sauté 5-7 minutes or until veggies are tender.
2. Add crushed garlic, sauté for 1 minute.
3. Whisk cumin, paprika, cayenne pepper, and salt in a small bowl.
4. Add rice, beans, and seasoning ingredients. Stir to combine.
5. Pour Lizano salsa over rice and stir well. Cook for 8 minutes, uncovered, low heat, or until rice absorbs the sauce.
6. Serve gallo pinto with cilantro and additional Lizano salsa, and enjoy!

# Mix Your Own

## FRUIT BATIDO

### INGREDIENTS:

- 1 (12 fluid ounce) can evaporated milk
- 1 cup chopped papaya
- 1/4 cup white sugar, or more to taste
- 1 teaspoon vanilla extract
- 1 pinch ground cinnamon
- 1 tray ice cubes

### DIRECTIONS:

Blend milk, papaya, sugar, vanilla extract, and cinnamon together in a blender until smooth; add ice and blend until slushy.

# Cahuita National Park Costa Rica

## THE CITY

Cahuita National Park is located on the southern Caribbean coast in Limón Province, connected to the town of Cahuita. The park protects Costa Rica's best coral reef formations, the massive trees of the lowland Atlantic tropical rainforest and their inhabitants.

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## THE TOUR

This is an extraordinary event at Cahuita National Park where we will focus on the efforts of the Costa Rican government and local community to protect nature. Specifically, the rainforest, in order to mitigate desertification and negative effects of climate change. During the walk, while we are enjoying the amazing views and perhaps wildlife, we will not only talk about this National Park, but also more generally about climate change in Costa Rica. This will be an all encompassing eco walk. We will walk through the jungle and, in the same tour, along the beach. We will usually see diverse types of monkeys, sloths, and snakes as well as impressive vegetation typical of the Caribbean area. This is a fascinating tour with an engaging guide!