

The Traveler's Table Winter 2020



Homemade packets of sweet and savory treats line the glass display at Soda La Negrita, a no-frills, family-style eatery serving local fare. A drenched touchdown in Costa Rica warranted a piping hot cup of coffee and a warm meal at the roadside spot, perched on a bend along the way to La Fortuna from San Jose. My Spanish is restricted to "si" and "no," so I point to the first thing listed under the house specials on the menu - *chorreada dulce con natilla*. A few sizzles emanate from the kitchen and in seconds, a steaming hot yellow pancake made from sweet corn is in front of me, accompanied by local sour cream. A bite and a sip, and I know this sumptuous welcome sets the tone for my visit to La Fortuna.

Located in the agricultural province of Alajuela in central Costa Rica, La Fortuna is a small town with a big reputation. It is the gateway to the beautiful Arenal Volcano National Park and mineral-rich thermal hot springs flowing through the Tabacon River - a welcome respite any time of year. The elevation and climate here is well-suited for bountiful harvests, which you indulge in when feasting on traditional cuisine in the area.

The opportunity to dive into the all-encompassing *casado* presented itself within minutes of my mid-day arrival at my resort. The hearty meal is a fond staple starring rice, beans, protein, and





TYPICAL CASADO FOR LUNCH



CHORREADA DULCE CON NATILLA

SAVORING PALATE PLEASERS IN
COSTA RICA BY RUKSANA HUSSAIN

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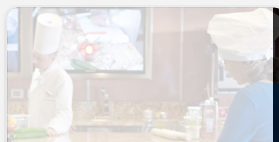
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Being able to explore and soak up local culture and taste global cuisines shaped by time and tradition is a true gift. In the pages that follow, you'll find plenty of outstanding destinations to stimulate your appetite and curb your wanderlust. [SEE LESS](#)



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