{rokbox title=|The flavor, aroma and texture of a typical dish from the region has charmed Colombian and foreign visitors alike. / Photo: Carlos Sueskún.|}images/stories/turistainternacional/Adondeir/triangulodelcafe/triangulo/gastronomia-cinco.jpg{/rokbox}

The flavor, aroma and texture of a typical dish from the region has charmed Colombian and foreign visitors alike. / Photo: Carlos Sueskún

The traditions of Antioquia are present everywhere in the culture of the region. One of them is the legacy of good cooking, handed down through many generations, a combination of the natural wealth of the hillsides and the skills of the people who live there.

The fertile Earth brings up delights such as avocadoes, beans, plantain and coffee – to name but a few of the ingredients used in the region.

The flavor, aroma and texture of a typical dish from the region has charmed Colombian and foreign visitors alike with its excellent taste and quality.

Combinations of these and many other ingredients go to make up the local dishes (and like so many good things, they have no translation!) There is bandeja paisa (which, for example, adds meat and rice to beans and plantain), cazuela de frijoles (a bean-based soup), sancocho (a vegetable-based soup with meat or chicken), mondongo, arepa con hogao (tortillas in onion and tomato sauce) , trucha de río (fresh-water trout), calentado paisa (usually, a rice-and-bean-based kedgeree), chorizo and morcilla (blood sausages) and chicharrón (pork crackling).

A visit to the Coffee Triangle is more than the sheer enjoyment of unbelievably beautiful scenery fertile land, honest and pleasant people, lush vegetation: it is a lesson in the delights and varieties of real gastronomy in the very best traditions of Antioquian culture.

Experience it!

In the Coffee Triangle, the word “gastronomy” has acquired some real meaning because the industry has become specialized, and has been careful to offer good-quality products.

Hotel Boutique Sazagua is 7km (about 5 miles) along the road from Pereira to Cerritos. It offers visitors innovative versions of traditional recipes that raise the standard to that of haute cuisine

Sazagua is captivating: food is exquisitely prepared and delicately presented. It´s another way of enjoying the traditional essence of Antioquian cooking at its best.