

Taste of Panama: A Culinary Journey Through the Land of Bridges

Panama is a country of contrasts, where the lush jungles of the Darién Gap meet the modern skyscrapers of Panama City. This diversity is reflected in the country's cuisine, which is a blend of indigenous, Spanish, and Afro-Caribbean flavors.



Taste of... Panama: A food travel guide by Robert Lamouroux

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If you're looking for a culinary adventure, Panama is the perfect place to start. Here are just a few of the delicious dishes you can expect to find:

- **Ceviche:** This refreshing seafood dish is made with fresh fish or shrimp marinated in lime juice, onions, cilantro, and peppers.
- **Sancocho:** This hearty stew is made with a variety of meats, vegetables, and spices. It's a popular dish for special occasions.
- **Arroz con pollo:** This classic dish is made with rice, chicken, and vegetables. It's a staple of Panamanian cuisine.

- **Empanadas:** These fried or baked pastries are filled with a variety of meats, cheeses, and vegetables.
- **Pan bon:** This sweet bread is made with cornmeal and coconut milk. It's a popular breakfast food.

In addition to these traditional dishes, Panama is also home to a number of international restaurants. You can find everything from Italian to Chinese to Indian cuisine in Panama City.

No matter what your budget or taste, you're sure to find something to enjoy in Panama. So come on down and experience the taste of this vibrant country for yourself.

Where to Eat in Panama

Panama City is home to a wide variety of restaurants, from casual cafes to fine dining establishments. Here are a few of our favorites:

- **El Trapiche:** This restaurant is known for its traditional Panamanian cuisine. The menu features a variety of dishes, including ceviche, sancocho, and arroz con pollo.
- **Maito:** This restaurant serves modern Panamanian cuisine with a twist. The menu changes seasonally, but you can always expect to find delicious and innovative dishes.
- **Casa Tua:** This Italian restaurant is a favorite among locals and tourists alike. The menu features a variety of classic Italian dishes, as well as some Panamanian-inspired creations.

- **P.F. Chang's:** This Chinese restaurant is a great choice for a quick and affordable meal. The menu features a variety of Chinese dishes, including dim sum, noodles, and rice dishes.
- **Taste of India:** This Indian restaurant is known for its delicious and authentic Indian cuisine. The menu features a variety of dishes, including curries, tandoori dishes, and biryanis.

When to Visit Panama

Panama is a year-round destination, but the best time to visit is during the dry season, which runs from December to April. During this time, the weather is mild and sunny, making it ideal for exploring the country's many attractions.

However, if you're interested in experiencing Panama's vibrant culture, you may want to consider visiting during the rainy season, which runs from May to November. During this time, the country comes alive with festivals and celebrations.

How to Get to Panama

The best way to get to Panama is by plane. Tocumen International Airport (PTY) is the country's main airport and is served by a number of airlines.

Once you're in Panama, you can get around by bus, taxi, or rental car. Buses are a good option for budget travelers, while taxis are more convenient and comfortable. Rental cars give you the most freedom and flexibility.

Where to Stay in Panama

Panama City offers a wide variety of hotels to choose from, from budget-friendly options to luxury resorts. Here are a few of our favorites:

- **The Westin Panama:** This hotel is located in the heart of Panama City's financial district. It offers modern rooms and suites, as well as a variety of amenities, including a swimming pool, fitness center, and business center.
- **The Trump International Hotel & Tower Panama:** This hotel is located in the upscale neighborhood of Punta Pacifica. It offers stunning views of the city and the Pacific Ocean. The hotel features luxurious rooms and suites, as well as a variety of amenities, including a swimming pool, fitness center, and spa.
- **The Intercontinental Miramar Panama:** This hotel is located on the waterfront in the historic neighborhood of Casco Viejo. It offers a variety of room types, including standard rooms, suites, and penthouses. The hotel also features a variety of amenities, including a swimming pool, fitness center, and business center.

What to Pack for Panama

When packing for Panama, be sure to include the following items:

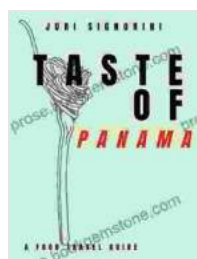
- **Light clothing:** Panama is a tropical country, so you'll want to pack light, breathable clothing. Shorts, t-shirts, and sandals are all good options.
- **Rain gear:** Even during the dry season, it's possible to experience rain in Panama. Be sure to pack a raincoat or umbrella.
- **Sunscreen:** Panama is located near the equator, so the sun can be very strong. Be sure to pack sunscreen to protect your skin.

- **Insect repellent:** Mosquitoes are common in Panama, so be sure to pack insect repellent to keep them away.
- **Comfortable shoes:** You'll be doing a lot of walking in Panama, so be sure to pack comfortable shoes.

Tips for Traveling in Panama

Here are a few tips to help you make the most of your trip to Panama:

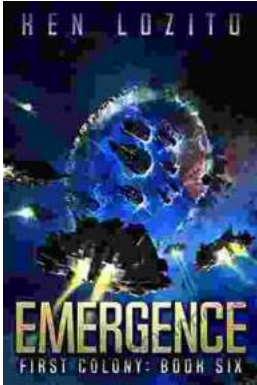
- **Learn a little Spanish:** While English is widely spoken in Panama, it's helpful to know a little Spanish to get around. This will help you communicate with locals and get the most out of your experience.
- **Be prepared for the humidity:** Panama is a humid country, so be prepared to sweat. Drink plenty of water and wear loose, breathable clothing.
- **Be aware of your surroundings:** Panama is a safe country, but it's always important to be aware of your surroundings. Be sure to keep your valuables safe and avoid walking alone at night.
- **Have fun:** Panama is a beautiful country with a lot to offer. Be sure to relax and enjoy your trip.



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