



Stockfood

easy to pack, transport and eat. Lighten up the day with fruit and salad options: Yorio says if you want fruit, grill fruit skewers beforehand and then remove the skewers and transport the fruit in zip-top bags. For salads think **quinoa** options that can be eaten hot or cold or **bean salads**. For any salad, remember to keep the dressing separate until you're ready to serve.

After you've settled on the food remember to pack plenty of refreshments either in a cooler or freeze beforehand (in this case, foods double as an ice pack). Load up on **agua frescas**, and add a little something alcoholic to the mix for the adults.

Now, what to pack, where to eat, and what to make...

Maybe it's the sun, or the salt air, or the water, but whatever it is there is something about the **beach** that always leaves me starving. Concession stand curly fries and ice cream are great, but sometimes you just need something more, such as a **Latin food feast** that allows for snacking throughout the day. **Dining a la beach** presents a unique set of challenges, most of them involving sand. The key to planning the right beach picnic is having the right menu, the right supplies and picking the right location. Here, Latin food experts and beach lovers **Stacy Horn of Surfas Culinary District** and Carey Yorio of **Goya Foods** shared their tips for beach eating.

### What to Eat

To be the perfect beach food, dishes need to travel well, taste better the longer they sit out, and stand up to sand. When preparing your menu think of simple, hearty dishes. Nothing delicate or fussy. Start with chopped up veggies, **chips and dips**, and salsas, items that taste better after marinating and don't have yogurt or mayo. Also keep in mind that hands will be busy with sunscreen and sand castles, so build your menu on one-handed bites.

For heartier fare, make burritos or mini sandwiches at home, wrap them up in containers, and eat without silverware once you get to the shore. These dishes are



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Pack a basket and head outdoors with this guide to the perfect picnic.



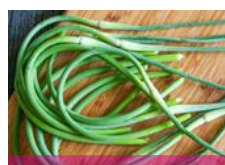
Edible Holiday Gifts: Chocolate



3 Refreshing Iced Coffee Recipes



Spring Ingredient Essentials: Green



Summer Ingredient Essentials: Garlic

	Pudding	0%
	Ice Cream	100%
	Paletas	



## Plan the Perfect Beach Picnic

By Bridget Shirvell - July 2, 2013



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the wind and surf, which will also keep sand from becoming a gritty addition to your meal.

Now, get ready to sink your feet into the sand with these menu options from Horn and Yorio...

### What to Bring

You know the drill when it comes to packing for a day at the beach. You've got the beach chairs, towels, sunscreen, beach games and toys down. When you're bringing food with you, though, you need some other supplies, as well. Make sure you pack a blanket or table cloth to sit on and bring lots of hand wipes. Skip the picnic basket. The sand will end up everywhere. Instead pack food in a cooler or zip up tote bag. Place any silverware, plates, forks, napkins and cups on in the bags before placing them in the larger bag. At the beach it's often easier to go with disposable items so as not to carry the sand home, and there are plenty of eco-friendly options of there, so be mindful of the environment when you're packing your picnic. You can even find re-usable plastic wine glasses. Last packing tip? Remember to pack heavier items on the bottom so as not to flatten your lighter foods.

### Where to Dine

Think about your favorite beach and the best place to dine: If there is shelter from the wind by where the sand dunes give way to the beach or behind large rocks, or even a grassy tree-filled section these spots will be your best place to set up your picnic spread. You'll be spared



### 3 Ways with Hot Dogs

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### Summer Ingredient Essentials: Fennel

A candy-flavored veggie for the summer months.



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### How to Plan the Perfect Picnic

Pack a basket and head outdoors with this guide to the perfect picnic.

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Poll of the week

### What's your favorite no-bake dessert?

	Pudding	0%
	Ice Cream	100%



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to large zip-top bag. (It's best to remove fruit from skewers, to prevent that pointy skewer tip from poking through your bag).

## Carey Yorio's Beach Picnic Menu

**Arepas with Chicken and Avocado:** Sandwiches are super easy to transport, simple to serve and neat to eat. *Packing Tip:* Halve arepas horizontally without detaching the ends. Stuff with chicken salad. Tightly cover each arepa in foil, then transfer to sandwich bag.

**Three Bean Salad:** The longer they sit, the more of the delicious marinade they soak up. Plus, they taste great at room temperature. *Packing Tip:* Make the bean salad, the transfer to large zip-top bag. Seal shut, and wrap in second zip-top bag to prevent leaks.

**Brazilian Cornmeal Cake:** Super moist and so flavorful that no icing or glaze is required this means you don't have to worry about any icing smudges on the way. *Packing Tip:* Make the cake, let cool to room temperature, and then cut into slices. Put the cake back in the same pan you baked it in (this will keep it from squishing on the way) then cover with foil.

**Caribbean Fruit Skewers:** Summer fruits taste best at room temperature, which makes them a good candidate for picnic fare, plus you don't have to worry about spoilage. *Packing Tip:* Grill the fruit skewers, then cool to room temperature. Remove fruit from skewers and transfer

Here Yorio share's her recipes for the beach-ready Three Bean Salad, Brazilian Cornmeal Cake, and Arepas with Chicken...

### Three Bean Salad

- 1 can (15.5 oz.) GOYA® Black-Eyed Peas, drained and rinsed
- 1 can (15.5 oz.) GOYA® Chick Peas, drained and rinsed
- 1 can (15.5 oz.) GOYA® Red Kidney Beans, drained and rinsed
- 1 cucumber, peeled, seeded, and chopped (2 cups)
- 1 red bell pepper, seeded and finely chopped (about 1 cup)
- 2 tablespoons fresh cilantro, finely chopped
- 3 tablespoons GOYA® Red Wine Vinegar
- 2 packets GOYA® salad and vegetable seasoning
- 1 tablespoon GOYA® Lemon Juice
- 1/2 cup GOYA® Extra Virgin Olive Oil

Get the full recipe.

### Bolo de Fubá (Brazilian Cornmeal Cake)

- 1 teaspoon butter
- 1 cup all-purpose flour, plus extra for coating the pan
- 1 cup GOYA® Fine Yellow Cornmeal
- 1 tablespoon baking powder
- 1/4 teaspoon salt
- 1 cup sugar
- 2 large eggs
- 1/2 cup GOYA® Vegetable Oil
- 1 cup milk

Get the full recipe.

### Arepa with Chicken and Avocado

- 2 packets GOYA® Powdered Chicken Bouillon
- 2 boneless skinless chicken breasts, about 1 pound
- 1/2 cup GOYA® Mayonnaise
- 1/2 small yellow onion, finely chopped
- 1/4 cup GOYA® Guacamole, thawed
- 1 teaspoon GOYA® Minced Garlic
- 2 teaspoons finely chopped fresh cilantro
- 1 avocado, finely chopped
- GOYA® Adobo All-Purpose Seasoning with Pepper, to taste

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	Ice Cream	100%
	Paletas	0%
	Piraguas	0%