

Religion

There is No official Religion in Panama. 82% of 3.2 million people of Panama are Catholic.

There are religious groups known as Seventh-day Adventists, Church of Jesus Christ of Latter-day Saints (Mormons), Jehovah's Witnesses, Episcopalians, Buddhists, Hindus, Baha'i Faith and other Christians. Also Indigenous religions consist of Wounaan, Bugle, Ngobe, Kuna, Bribri, Embera, and Naso.

The largest community in the region would be the Panamanian Jewish Community. Three Synagogues and there is also three Jewish School in the whole world.

Freedom of Religion is provided by the Panama Constitution. Also Catholicism can be taught to Panamanians in school. Parents can exclude their children from this teaching of majority religion.

Panama Church



Work Cited

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Spanish Countries and Cultures Panama

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Cuisine and Religion



Cuisine



Religion

Cuisine

Breakfasts in Panama consist of deep-fried corn tortillas heaped with fried meat, other goodies and eggs. Panamanian coffee is a must. You can also have eggs, fresh fruits, and toast.

Panama meals consist of coconut, meat, rice and beans also local fruits and vegetables like, plantains, yucca, and squash.

Other Panama meals contain Empanadas are a savory corn or flour pastries filled with potatoes, meat, and cheese. Sancocho is a Panamanian stew, packed with meat and veggies. Carimanola is a fried yucca roll stuffed with boiled eggs and meat. Tamales is a boiled pockets of corn dough, stuffed with meat and served in banana leaves.

Sides and snacks in Panama contain of Yuca Frita and they are fried yuca root. Plantains are served in three different ways. Patacones are salty fried green plantains cut crosswise. Fried Plantains. Tajadas are baked plantains cut lengthwise and sprinkled with cinnamon. Gallo pinto is rice and beans mixed with pork. Unlike Costa Rica Gallo Pinto.

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Desserts contain Tres Leches Cake. That is a cake soaked in three kinds of milk including evaporated milk, sweetened condensed milk and cream. Raspados are Panamanian snow cones, topped with sweet syrups.

Empanadas



sancocho



Carimanola



Patacones



Tres Leches Cake



Yuca Frita

Tamales



Raspados