



INFOGRAFIA “PLATILLOS TIPICOS DE MEXICO”

ANTONIO NIÑO VIVIANA

ING. Jiménez Arreola Eduardo Enrique

UNIVERSIDAD DEL SURESTE

Licenciatura en Nutrición

Ingles I

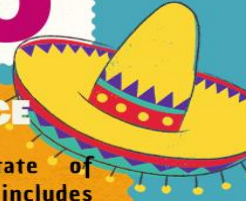
Tapachula, Chiapas

01 de diciembre del 2023

TRADITIONAL DISHES FROM **MÉXICO**

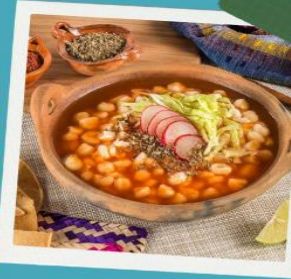
MOLE WITH RICE

emblematic of the state of Oaxaca; Its preparation includes endemic ingredients such as chilhuacle chiles, pasilla, chocolate, as well as various seeds, spices, herbs and chicken.



POZOLE

It is said to be originally from Guerrero. Stew that consists of a highly seasoned broth, whose main ingredients are tender corn kernels, chili, and pork or chicken.



COCHINITA PIBIL

Its origin occurred in Yucatan. This dish prepared with pork marinated in achiote and wrapped in banana leaves, was traditionally cooked in a hole in the ground on hot stones.



CHILIS IN NOGADA

Originally from Puebla, poblano chile stuffed with beef and pork, mixed with fruit: banana, apple, pear, peach and bathed with a walnut sauce.



BARBECUE

It is said that its origin is from the state of Hidalgo. It generally contains sheep, beef or goat meat, wrapped in maguey leaves, bay leaf and salt.



ENCHILADAS

It is said that they originated in Santa Rosa town of Puebla, it is prepared with corn tortillas spread with mole and rolled or folded filled with some food, especially shredded chicken.



LINKOGRAFIA

<https://www.unileverfoodsolutions.com.mx/tendencias/de-mexico-para-el-mundo/platillos-mexicanos/top10-platillos.html>

<https://www.mexico-desconocido.com.mx/20-platillos-para-saborear-mexico.html>

<https://villadelpalmarloreto.mx/blog/gastronomia/10-platillos-mexicanos-que-debes-probar>