



TRADITIONAL MEXICAN FOOD

MARÍA JOSÉ ROMERO
MONROY

Eduardo Enrique Arreola
Jiménez

UNIVERSIDAD DEL SURESTE

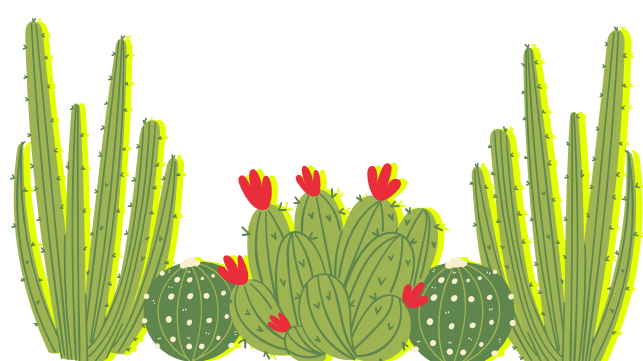
Licenciatura en Nutrición



Ingles

Tapachula, Chiapas

02 de Diciembre de 2023



TRADITIONAL MEXICAN

Food



Mole

This food is originally from Mexico.

The ingredients are:

- Ancho chili
- Mulatto chili
- Pasilla
- Guajillo chile
- Chocolate
- Peanut
- Almond
- Apple
- Tomato
- Onion
- Banana
- Cookies
- Sugar

Pozole

There are many varieties of this dish, but the original pozole is prepared with dried cacahuazintle corn and part of the pig's head.

Nowadays, pozole has undergone changes and differences associated with the region where it is prepared and consumed. In the state of Guerrero, white and green are prepared, while in Mexico City, Sinaloa, Nayarit and Jalisco, the red variant is consumed.



Cochinita pibil

The cochinita pibil is part of the cultural fusion that developed in Yucatán: the Spanish and the Mayan. 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, since pibil in the Mayan language means “underground.”

Chiles en Nogada

This plate dates from 1821, the year in which Agustín de Iturbide signed the minutes of the treaties of Córdoba. Some say that it was the Augustinian mothers of the Convent of Santa Mónica in Puebla who, upon knowing that Don Agustín would be in that city to celebrate their saint, on August 28, decided to make a dish that remembered the colors of the flag.



Tlayudas

They are exclusive to Oaxaca and one of its most popular dishes. Tlayuda is actually the name given to the large corn tortilla; Tlayudas can be prepared without meat (simple), or with cured meat, beef, chorizo or, sometimes, other more extravagant ingredients. The basic ingredients can vary, but generally a Tlayuda is prepared with lettuce, tomato, refried beans, avocado, cheese (or quesillo) and then guacamole and chili sauce are added to taste.

