



PLATILLOS TRADICIONALES EN MEXICO
LINFOGRAFIA

ZUNUN RUIZ JOSE MANUEL

Arreola Gimenez Eduardo Enrique

Licenciatura en Nutrición

Inglés 1

Tapachula Chiapas

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Traditional dishes in Mexico

El pozole

This dish has different presentations both in the color of its broth and some of its ingredients, the only thing that pozole will never lack are corn kernels. This dish has 3 different preparation styles depending on where you are.



Pozole



Mole

El mole

Cooking is a reward for the palate and in Mexico if you are celebrating something, the main dish on the table will probably be a good Mole. In our country you can find a great variety of them, some are so sophisticated that they can contain an endless number of ingredients from different parts of the world that, when mixed correctly, take on an undoubtedly Mexican identity. It is a sauce that is alive and when you put it in your mouth it literally becomes a great party for the palate.

La cochinita pibil

Kitchen, like the map, is divided into several regions. The gastronomy of each of them is very different from the other. Yucatan cuisine is quite particular. Firstly, because it developed very far from what was happening in the center of the country, and because of the influence that the Mayans had. It is not for nothing that it is an important part of gastronomic routes and the best-known dish in this area is cochinita pibil.



Cochinita pibil



Chiles en nogada

Chiles en nogada

There are different versions about its appearance, but it is known that this dish dates back to 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. Nowadays it is one of the main dishes that accompany our national holidays.

Barbacoa

Barbecue is a pre-Hispanic cooking method that consisted of forming a hole in the ground, heating it with wood embers and placing stones to cook at high temperatures. On these stones the meats that were to be cooked were placed wrapped in banana or maguey leaves depending on the region; To finish its preparation, the meats were placed underground and left to cook for long hours. Today it has undoubtedly become a delicacy and for some, a delicious and effective remedy for a hangover.



Barbacoa



Pescado

Pescado a la talla

At just 50 years old, he is already one of the representatives of the port of Acapulco and this delight that we can currently enjoy in the palapas or restaurants on the shore of the Pacific, especially in Barra Vieja, Guerrero, is the creation of Beto Godoy and his wife, Gregoria Galeana.

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 with other more extravagant ingredients. The basic ingredients can vary, but in general a Tlayuda is prepared with lettuce, tomato, refried beans, avocado, cheese (or quesillo) and then guacamole and chili sauce are added to taste. Without a doubt a Oaxacan delicacy.



Tlayudas



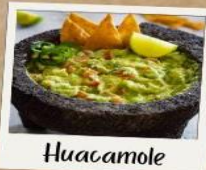
Tamal

Tamal

The tamale is a food of Chiapas origin, from Mesoamerican cultures, generally prepared with corn or rice dough filled with meats, vegetables, sauces and others.

Huacamole

Guacamole is a traditional Mexican sauce from the Aztec civilization, which in addition to being nutritious is delicious and internationally recognized for having a very smooth flavor and texture. Its consumption dates back to before the 15th century in the central and southern areas of Mexico.



Huacamole



Frijoles

Frijoles charros

It is a classic dish from the northern states of the country, it is clear to us that its base is beans, but unlike pork, these are cooked and served in broth. They are prepared with onion, chopped chili, tomato, bacon and cilantro, and each state adds some ingredient from its region.