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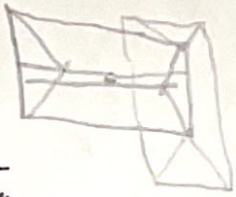
Universidad del Surco

Lic. Nutricion

1er Cuatrimestre

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Tapachula, Chiapas a 28 de Noviembre del 2024



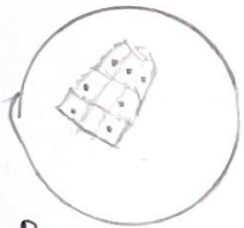
Tamales

- Tamales are an emblem of Mexican food par excellence
- It is known that tamale is a food of pre-hispanic origin. Tamal comes from the word tamali, which in the Nahuatl language means wrapped.



Pescado a la talla

- It is one of the most emblematic dishes of acapulco and with worldwide
- when they called pescado a la talla whose preparation only requires a red sherry or fresh.



Papadzules

- Papadzules are a traditional dish of the gastronomy of Yucatan, Campeche and Quintana Roo.
- The name comes from Mayan and means 'the master's food'



Aguachile

- Although aguachile originated in Sinaloa, it has become a popular dish throughout Mexico and beyond
- The history of aguachile dates back to the 70s.



Mole

- Mole is one of the most famous dishes in Mexican cuisine, and its origin date back to pre-hispanic times
- The indigenous people mixed several chili peppers with pumpkin



Tacos

- Likewise, it all started with the traditional.
- The most famous tacos: tacos al pastor



Chilaquiles

- The history of chilaquiles is uncertain, but it is believed that its origin dates back to pre-hispanic times



Enchiladas

- Las enchiladas are a Mexican dish with origins in pre-Columbian civilization
- They are different variations of enchiladas such as queso



Chiles en nogada

- Chiles en nogada have history of more than 190 years, according to tradition.
- For the first time to receive Agustin de Iturbide on his way through Puebla in 1821.



- **Pozole**
- Pozole is a broth made from Cacahuazint corn kernels

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