

"Traditional dishes of Mexico"

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English 4

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Traditional dishes of Mexico

Pozole

Pozole is a dish from Guerrero and Jalisco made with hominy corn and meat with chilis and spices. It is rich in carbohydrates and proteins.



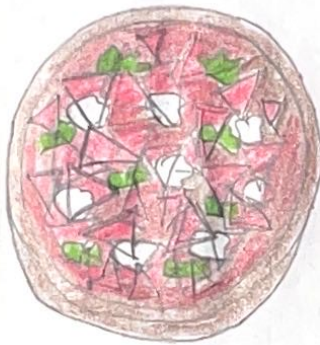
Barbacue

Barbacue is a dish from Hidalgo made of lamb meat cooked in an earth oven with maguey leaves, originally from the valley of Mexico. Rich in protein.



Chilaquiles

Dish originating from the valley of Mexico. They are prepared with fried tortilla chips, red or green sauce and are accompanied with chicken, cheese and cream, high in carbohydrates.



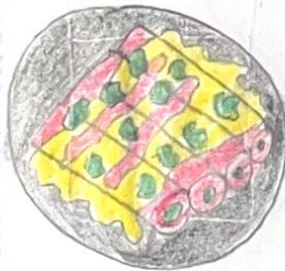
Pobiano Mole

Originally from Puebla, made with dried chili peppers, spices, chocolate and broth. It is commonly served with chicken or turkey, rich in protein and carbohydrates.



Enchiladas

Originally from the valley of Mexico, made with corn tortillas bathed in chili sauce and filled with meat, chicken or cheese, rich in carbohydrates and proteins.



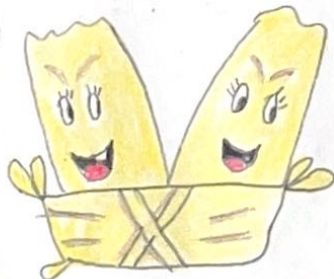
Tlayudas

Traditional from Oaxaca, they consist of large, crispy tortillas covered with black beans, cheese, meat, lettuce and sauce, they are rich in protein and carbohydrates.



Corn tamales

Originating throughout the country, made with corn dough, filled with meat, chicken, chili, or beans, wrapped in corn leaves and steamed, they are rich in carbohydrates and fiber.



Baked pig

Typical of Yucatan, prepared with pork marinated with achiote, spices and citrus juices, then slowly cooked in the oven, rich in protein.



Stuffed chili peppers

Originally from Puebla, made with pobiano chilis stuffed with meat, cheese, beans or other ingredients, and bathed in sauce, rich in proteins and vitamins.



Chili water

Originally from northern Mexico, especially Sinaloa and Sonora, made with raw shrimp, lemon, chili and cucumber, rich in protein and minerals.



Linkography

- <https://el-poder-del-consumidor.org/2020/09/el-poder-de-el-pozole/>
- <https://www.infobae.com/Mexico/2024/05/08/que-es-el-tlayudas>
- <https://lecaroz.com/blog/origen-significado-de-tlayudas>
- <https://gastronomadas.com.mx/tamales/>
- <https://drinksmotion.com/los-origenes-de-los-chilaquiles>
- <https://el-poder-del-consumidor.org/2024/10/el-poder-de-barbacoa>
- <https://el-poder-del-consumidor.org/2020/08/el-poder-de-el-agua-chile>
- <https://gastronomadas.com.mx/cochito>
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