

Cuisine of Mexico

**PRESENTED BY
NYDIA EKSTROM, CEC, CFE
UNILEVER FOODSOLUTIONS**





Historical Influences

Mayans

- Western Guatemala

Chiapas

- San Cristobal

Aztecs

- Central Mexico - Teotihuacan



Influences from the Old World

1519 - End of the Aztec Civilization
beginning of the Spanish Conquest

1542 - Merida first Spanish Capital

Regional cuisine is developed

- Onions
- Garlic
- Rice
- Wheat
- Hogs
- Cattle/Dairy products
- Butter
- Lard



New World Ingredients

- Corn
- Beans
- Peanuts
- Chocolate
- Chile peppers
- Sweet potatoes
- Pumpkin
- Cilantro
- Cumin
- Avocado
- Bananas
- Plantains
- Vanilla
- Guava, papayas
- Pineapple
- Amaranth



Topography of Mexico

Central America

The North or Frontera

- North Pacific Coast

The Bajio

Centro Mexico

The Gulf

The South

- South Pacific Coast

Topography of Mexico





The North or Frontera

Two mountain ranges

Sheepherdes and Vaqueros or cowboys

Quesos, queso fresco/cheese

Norteño cooking

- Caldillo
- Spicy beans
 - Frijoles charros or cowboy beans
 - Frijoles borrachos or drunken beans
 - Frijoles maneados or beans with cheese and chile ancho
- Tortillas de harina
 - Burritos

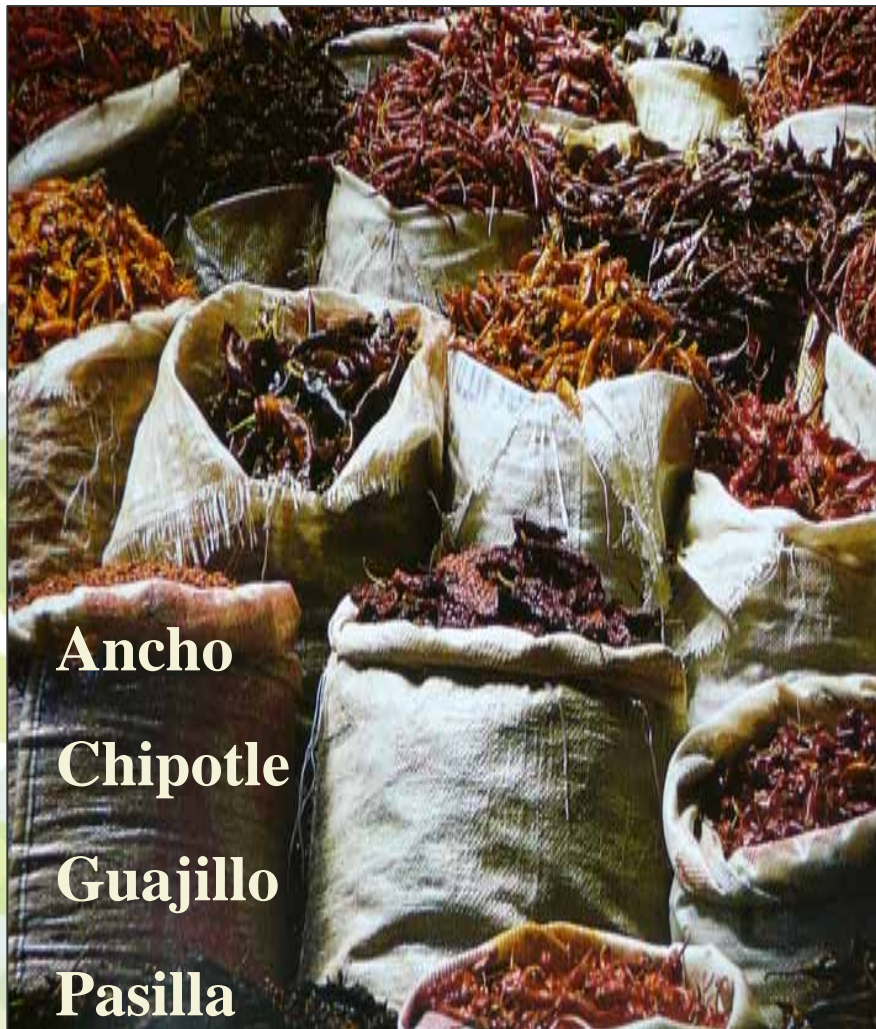


The North or Frontera

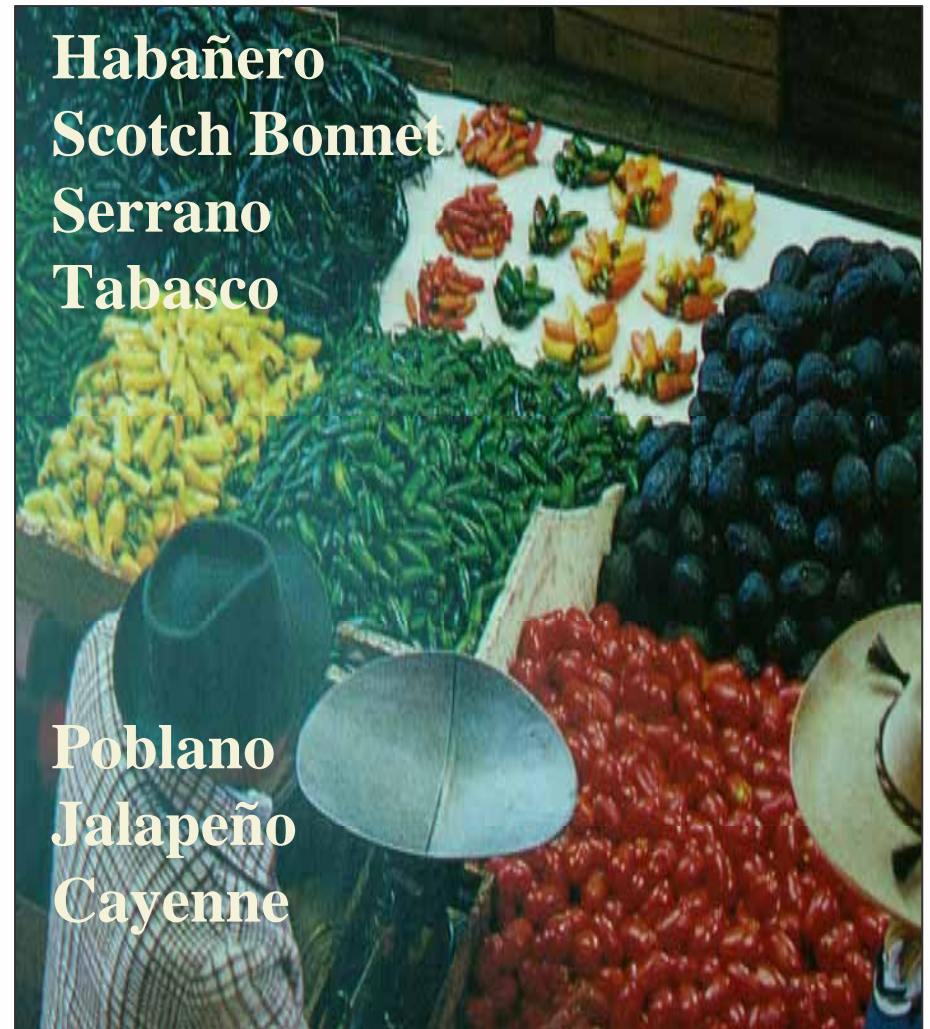




Mexican Chiles



Ancho
Chipotle
Guajillo
Pasilla



Habañero
Scotch Bonnet
Serrano
Tabasco

Poblano
Jalapeño
Cayenne



North Pacific Coast

Baja California and Sea of Cortez

Vegetables

- Tomatoes
- Tomatillos
- Avocados
 - Salsas
 - Guacamole

Chiles

Fish—marlin, black sea bass, sailfish

Shrimp



North Pacific Coast





North Pacific Coast





North Pacific Coast





El Bajío

Iberian heritage

Mestizo culture

Dias de los muertos

Puchero

Pollo de Plaza and Enchiladas

Wild turkey



El Bajío





Central Mexico

Ancient City of Teotihuacan

Corn

- Nixtamal
- Masa

Chiles en Nogada

Puebla/Moles

Seven Moles of Oaxaca



Central Mexico





Isthmus of Tehuantepec

Veracruz/Creole Caribbean and African Cultures

- Crabs
- Crawfish

Spanish, Caribbean and African Culinary Influences

- Frijoles negros





The Gulf





The Gulf





The South Pacific Coast

Barra de Navidad

Manzanillo

Mazatlan/Shrimp capital of the world

Seafood major source of food

Ceviche

Pozole verde

Tamales

Mango

More than 12 varieties



The South Pacific Coast

Manzanillo, Mexico





The South

Corn

- Tamales
- Sopas
 - Sopa de pan

Wild turkey

Cocktail of Campeche

Habañero peppers



Antojitos and Bebidas

The National Dish

Drinks

- *Aguas Frescas*

Street Food

- *Tortas*
- *Flautas*
- *Tamales*





Antojitos and Bebidas





Desserts

Flan

Tres Leches

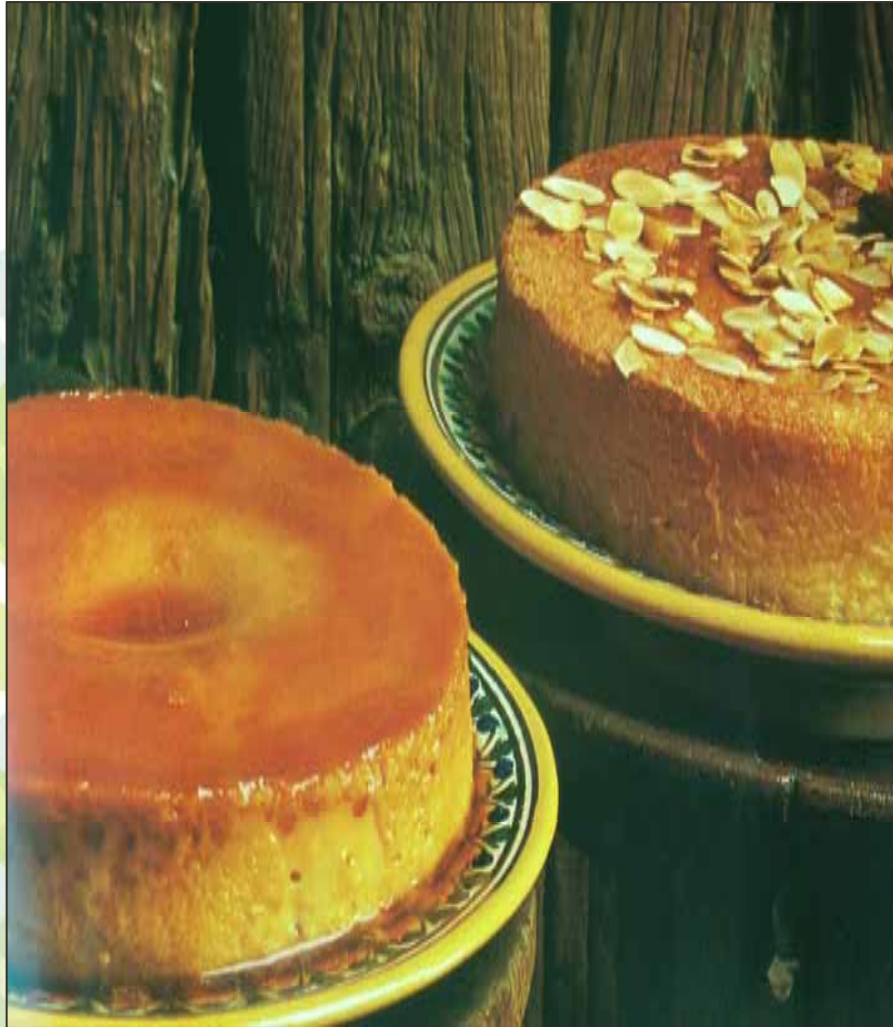
Flan Blanco

Arroz con Leche

Bananas con leche condensada



Desserts





Desserts





Demonstration

- Masa
- Sopes



Masa Recipe

3 cups masa harina
1 ½ cups all purpose flour
1 ½ teaspoon baking powder
1 teaspoon salt
3 tablespoons lard (manteca)
3 cups warm water

Mix together masa harina, all purpose flour, baking powder, salt and lard and mix together breaking up the lard into small pieces.

Add water and mix to make a soft dough.

Roll into 2 inch balls and press in a tortilla press.

Cook in a comal or a griddle for about 2-3 minutes on one side. Turn

Over and with a wooden spoon make an edge and continue cooking until done

Fill with cheese and leave in the warm side of the griddle until cheese melt.

Top with carnitas and garnish with lettuce and diced tomatoes.