Mexico's Gastronomy, World Heritage

There is no more colorful gastronomic recipe book in the world than the Mexican one, with ingredients as varied as purple onion, the fresh green of the avocado, red chilies, yellow peppers and the pink of the pine nuts. Despite this great diversity it maintains a common line, an ingredient that appears in almost all dishes: corn, the protagonist in the preparation of tortillas, fermented beverages, atole, tamales, pozole, among many other foods.

The diversity of culinary traditions in Mexico, many of them from the Old Continent, has formed a mosaic of flavors to please even the most demanding palate. Dishes that invariably stain table cloths, casseroles of spicy sauces accompanied by a glass of fresh fruit drink, to give a moment's respite, and varied meats that make a tasty and generous taco.

Mexican gastronomy is the perfect complement to any journey and tour across the country. Not to try it is missing out on a large part of Mexico's essence.

NOT TO BACK OUT

Don't miss the tortas ahogadas of Jalisco made with meat and bathed in spicy sauce. They should be accompanied by white, añejo or reposado tequila, preferably straight.

DELIGHTS OF THE NORTH

Nuevo León's star dish is charcoal-broiled kid. Also typical is machaca, dried beef cooked with egg and spicy sauce.

FLAVOR OF PUEBLA

Mole is perhaps one of the most complex dishes in the Mexican recipe book. It combines various ingredients, such as chocolate, anch, mulato and pasilla chilies, almonds, nuts, raisins, cloves, cinnamon, sesame and onions. The mole is poured over pieces of chicken.

TYPICAL OF THE PORT

Seafood is eaten in cocktails by the seafront in Veracruz. And for the heat we recommend the torito, a beverage of fruits combined with white rum and afterwards, at the gathering, a delicious coffee from Coatepec.

YUCATECAN DELICACY

Cochinita pibil is pork marinated in achiote, bitter orange juice, garlic, salt and pepper. The secret is the wrapping in banana leaves and the oven baking underground.

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México

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