

SABOR!

THIS IS MEXICAN FOOD

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Mexican food*



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ENRIQUE OLVERA

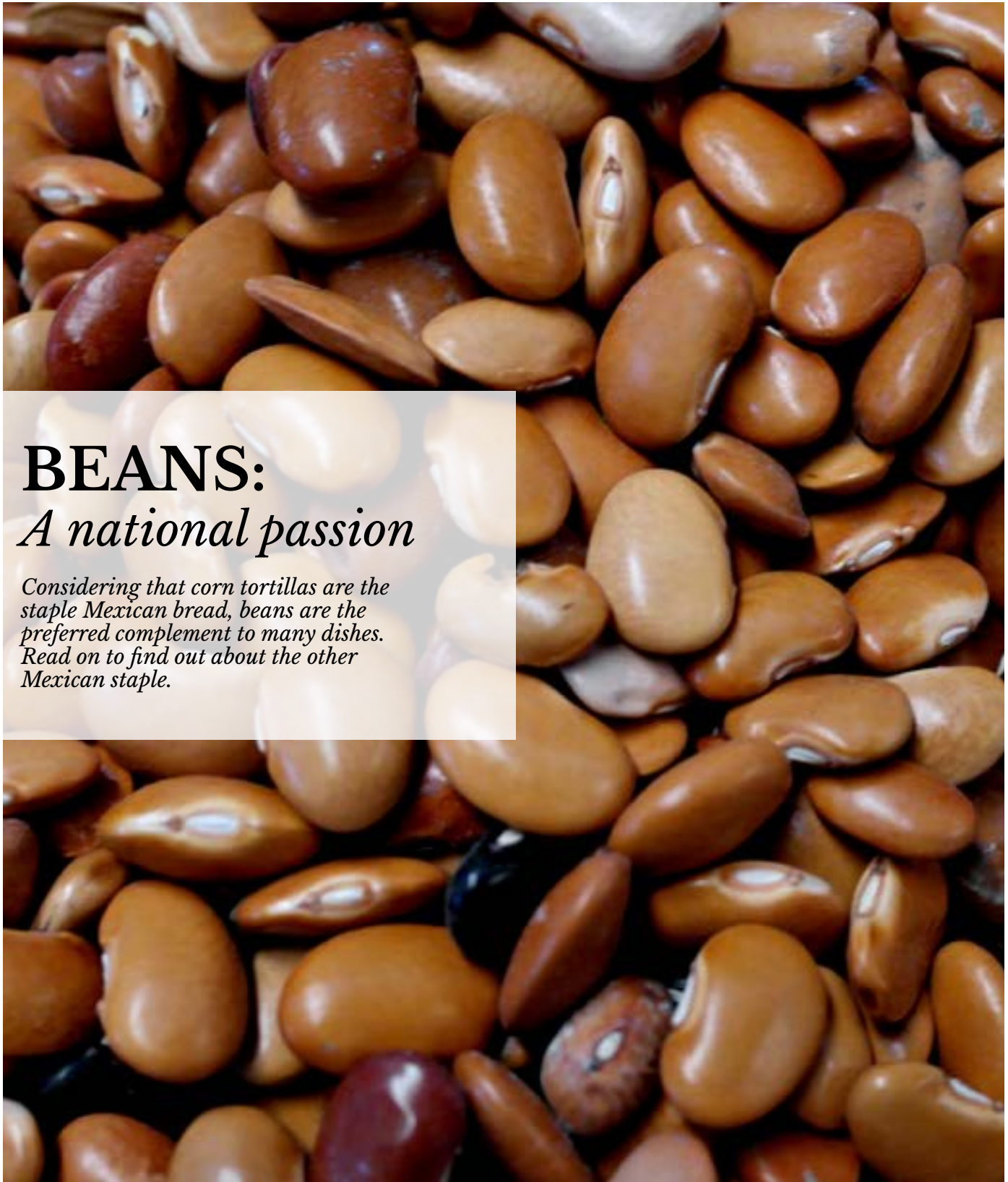
*The chef redefining
Mexico's traditional food*



THE MEXICAN COOKBOOK

The Mexican culinary repertoire is a documented metaphor for the country's rich history. Diving into these dishes brings back some precious mementos of a complex history.






BEANS:

A national passion

Considering that corn tortillas are the staple Mexican bread, beans are the preferred complement to many dishes. Read on to find out about the other Mexican staple.



How to Make Corn Tortillas

Recipe

Hand made corn tortillas. © R. Carvajal 2017.

Indigenous Food

The taste of history



Spain's conquest of Mexico not only disrupted the present of the indigenous cultures, but as a consequence it fundamentally changed their mutual future.

Food Market, Atlixco, Puebla, Mexico. © R. Carvajal 2017.



Sunday Market. Cuetzalan, Puebla. © Alex Drago 2017.

The painter Agustín Arrieta captured the essence of a typical mestizo kitchen depicted in this famous painting.



“

In private kitchens, but also in nunneries, the forced or voluntary interchange of indigenous and Spanish women brought a transformation in the kitchen as each learned from the other.

”

Cocina Poblana. José Agustín Arrieta, 1863. Public Domain.



CHILIES

Self-inflicted pleasures

The use of chilies in Mexican food has less to do with assaulting the taste buds and more about adding depth, warmth and enjoyment to your food.