

ROCIO CARVAJAL

Food anthropologist, Mexican culture & gastronomy educator.

ABOUT ME



Through my work, I unveil the inspiring and fascinating cultural history of Mexico's national cuisine, a heritage I define as an infinite source of inspiration, knowledge and pleasure. My projects are an outlet to channel my passion for exploring the social and cultural relationships through the lens of food traditions.

Social and cultural studies have always been the backbone of my work and scholarship. I have a B.A. in communications, a Masters in international aid for development, and postgraduate studies in Food anthropology. I have several specialised studies in Medieval history and cultural management with years of experience in the museum sector.

 [@rocio.carvajalc](https://www.instagram.com/@rocio.carvajalc)

 [@rocio_carvajalc](https://www.twitter.com/@rocio_carvajalc)

As a podcaster, educator and public speaker, I explore different aspects of food studies, cultural history and science communication, and I am currently a PhD candidate studying the impact of epistemic colonialism in food studies in Mexico.

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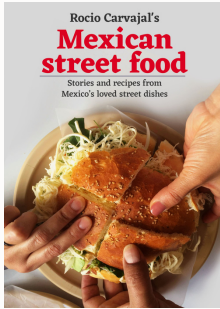


- I am the creator, producer and presenter of **Pass the Chipotle Podcast**, a show dedicated to exploring the gastronomic treasures of Mexico.



- And I also produce **Hungry Books Podcast**, presenting and reviewing the best books ever written on the subject of food. You can find both shows on your favourite podcast platform.

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As a proud independent author I have written, designed, photographed and published five ebooks:

- **Mexican market food**
- **Mexican Fiestas**
- **Mexican street food**
- **Mexican chocolate**
- **Puebla's great food tour**

[READ MORE](#)



My passion for my hometown's cultural history and cuisine drove me to create the highly-praised Airbnb experience: "**Eat, drink and discover Puebla**".

But don't take my word for it, read all about it [here](#) and book an unforgettable adventure!

I believe that knowledge is only meaningful when it is shared and used to inspire others. That is why I am always delighted to take part in private and public lectures. Here are some examples of it:

- **One nation. many cultures: the amazing history of Mexico.** For YouTube Executive Recruiting Offsite.
- **Visiting lecturer at Georgia College and State University** with the lectures: Mexican chocolate, beans, corn and Mexican pottery.
- **Carnivals across Latin America.** For Microsoft's Latin America Cloud Marketing Team.
- **The history of Mexican Markets.** For the Brentwood NY Library.
- **Mexican Chiles. For the class: "From texts to table"**. Department of Romance languages and literature of the University of Notre Dame Indiana.
- **A path to creating impact with your research outside academia.** For the students of the course on Food, Culture and Writing in the Early Modern Spanish Atlantic.
- **The language of food: Bread stamping in colonial Mexico.** For Pecha-Kucha knights. Birmingham in partnership with BBC's Digital Cities and Birmingham City University.

I enjoy stimulant and creative collaborative research, here are some examples of projects I've participated in:

- I co-authored of the chapter "Pulque in Mexico Then and Now" for the book: "**Authentic recipes from around the world**". A project funded by the Arts and Humanities Research Council, University of Leicester, University of Wales, Middlesex University London, University of Exeter and the People's Collection Wales.
- And I was invited to join the team for the follow-up cookbook "**Stories on Our Plate: Recipes and conversations**" in collaboration with the culinary incubator Stories On Our Plate for which I was in charge of foods-tying, photography and was also featured as one of the cooks.