



Mexican
World
Heritage
Cities
Gastronomic
Guide



CULTURA
SECRETARÍA DE CULTURA



INAH

Credits

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Foreword

By Gloria López Morales
President of the Conservatorio de la Cultura Gastronómica Mexicana
(Conservatory of Mexican Gastronomic Culture)

The very moment the inscription of traditional Mexican cuisine on UNESCO's Representative List of Intangible Cultural Heritage was announced, the news spread rapidly around the world. Something very important had happened by elevating for the first time a cuisine to the rank of the cultural heritage of humanity. It was nothing less than putting under protection an entire way of life, different from others, ancestral in nature, with historical continuity and still valid today.

With products originating in these territories, with the capacity to give social cohesion to the community, with the strength to confer a common cultural identity to the group, and, in addition, with the potential for development and prosperity of those who hold this inherited wealth.

The impact of this recognition in this country was felt at the local, regional and national levels, particularly in its capacity to attract quality tourism that seeks experiences in communities with more authentic cultural expressions.

Mexico, in the American continent, ranks with the highest number of cities inscribed on UNESCO's World Heritage List, cities that, on their own merits, add elements of living heritage that make them vibrant and unmistakable. Among them, are their ways of cooking and showcasing their millenary cultures, through their local products and the creativity of their cooks.

Mexico's cuisines have strong pre-Hispanic roots but, thanks to the wisdom of those who create and recreate them, since the 16th century they have been able to incorporate, in a brilliant way, products and knowledge from all over the known world without losing their essential values. Our cuisines are eminently mestizo and have known how to grow around a common trunk -beans, corn, chili, and other products of the milpa- which makes them different from each other and unique from other gastronomic cultures.

Whoever travels and wants to get to know an enclave, a city or locality with all its richness, the first thing they look for is its cuisine, hence the importance of this guide that orients the visitor to the markets and establishments that offer the best of regional gastronomy: Campeche, Mexico City, Durango, Guanajuato, Morelia, Oaxaca, Puebla, Queretaro, San Juan del Río, San Luis Potosí, San Miguel de Allende, Tlacotalpan, Xochimilco and Zacatecas are part of the World Heritage list for all their merits of historical monumental character and, at the same time, for how well you eat in the suggested places.



Ciudades Mexicanas
PATRIMONIO MUNDIAL

Introduction

The National Association of Mexican World Heritage Cities A. C. was formed in 1996 by the mayors of the Mexican cities inscribed on UNESCO's World Heritage List: Campeche, Mexico City, Guanajuato, Morelia, Oaxaca, Puebla, Querétaro, San Miguel de Allende, Tlacotalpan, Xochimilco, Zacatecas; as well as Durango, San Luis Potosí and San Juan del Río, as historic centers belonging to the Cultural Itinerary "Camino Real de Tierra Adentro", to join efforts aimed at conservation, dissemination of cultural wealth; tourism promotion and above all the sustainable development of their historic centers and their communities.

In these 26 years of life, through an associative figure, we have generated a successful mechanism to unite municipal governments, the private sector, Federal Government and International Organizations, to promote diverse actions to achieve our objectives.

This Gastronomic Guide offers a culinary journey from the Campeche Probe to the Central Valleys of Durango, with a compilation of typical dishes as a representation of the traditional cuisine of the Mexican world heritage cities. Tradition, knowledge, flavors, and aromas have been passed down from generation to generation and will continue to shape the intangible heritage of those who receive them, building memorable moments and delicious gastronomic anecdotes.



De patrimonios, entre cocinas

Luz de Lourdes Herbert Pesquera
Francisco Vidargas Acosta

1984 is the year Mexico opened its doors to the world and began a process of search, analysis, reflection, and action to demonstrate that this multicultural country has sites worth preserving and sharing with humanity. Three years later, in 1987, the World Heritage Committee inscribed 7 cultural and natural properties on UNESCO's World Heritage List, among them three urban centers: Mexico City and Xochimilco, the Historic Center of Oaxaca, and Monte Alban, and the Historic Center of Puebla.

Later, the Historic City of Guanajuato and adjacent mines, the historic centers of Morelia and Zacatecas, the Historic Monuments Zone of Querétaro, the fortified Historic City of Campeche and the Villa Protector of San Miguel, and the Sanctuary of Jesus Nazareno de Atotonilco were added. And finally, the cultural itinerary of the Camino Real de Tierra Adentro (Royal Road of the Inland), recognized by the United Nations, included the historic centers of Lagos de Moreno, San Luis Potosí and Durango, as well as the historic sites of San Juan del Río, Ojuelos, Aguascalientes and Sombrerete.

All these places of exceptional universal value, are nowadays a reason for shared wanderings, knowledge, and traditions, which must be known and valued through the crossing of diverse fields of study and lived experience, which attends to both the material and immaterial aspects.

As Salvatore Settis pointed out years ago, "the future of heritage conservation is at stake in cities", both in the defense of their landscape and environment and in the awareness of their associated civil and social values. And in this sense, heritage is built, among many other aspects, from the monuments, but also their kitchens: the markets (such as the Parian of the Plaza Mayor in the City the Mexican cuisine has always had

a great capacity to incorporate influences, the result of its uniqueness and miscegenation, but also smells, flavors, and colors, as a permanent provocation, as well as the smells, flavors, and colors, as a permanent provocation of influences, the result of its uniqueness and miscegenation, but also the smells, flavors, and colors, as a permanent provocation of influences, the result of its uniqueness and miscegenation.

Traditional Mexican cuisine, as well as historic cities, have always had a great capacity to incorporate influences, the fruit of their uniqueness and miscegenation, but also smells, flavors and colors, as a permanent provocation to the passerby.

Don Alfonso Reyes wrote that "the history of eating and drinking, understood as a chapter in the history of civilization (sorry: of civilizations), undoubtedly has its charms." In Mexico, among the Mexican world heritage cities, each one engages in well-known disputes over the origin of some of their most representative dishes: Queretaro, Guanajuato, and San Luis Potosi, for the famous "enchiladas"; mole de guajolote is shared between Puebla and Oaxaca, as a "touch piece of stewing and eating".

In the cities of New Spain, religious and civil buildings were combined, which turned them into places full of urban and natural contrasts. The architectural examples testify to styles and emotional creations, which found their maximum expression in cathedrals, convents, city halls, and diverse civil buildings. In each street, step by step, niches, quarry stone arches, jambs, and wrought iron grilles, in addition to patios, corridors, portals, and fountains, still make us vibrate and contemplate what Francisco de la Maza called "one of the most surprising panoramas of human effort."

"In the beginning was the center", the origin of all Mexican cities of world heritage: axis of order and disorder, of traditions and innovations, "of metamorphosis - wrote Carlos Monsiváis about the country's capital - of the old and the new, in an ageless microcosm."

The Nara Document (1994), pointed out that the challenge to be faced is to sensitize us in the sense that the strict conservationist criteria, must be opened wide open, giving room to another series of components of the authenticity of the sites, such as location, environment, contemporary social and tourist use, but, above all, the diverse tangible and intangible cultural expressions. That is to say, the inhabitants of historic cities rediscover and appropriate their cultural identity, their heritage legacy, and their history. In the historic centers of our country, memory, our memory, and our traditions continue and will continue to be an endless experiential deposit. And with architecture and everyday spaces, cooking will always remain one of the most representative human activities in our country.

Alicia Gironella told us long ago that Mexican cuisine is profoundly original, complete, and harmonious since its richness is inexhaustible. Each region, each state, and each city has its specialties, typical products, and recipes "that nuance and corroborate a multiple, peculiar and succulent reality".

The historical perspective of traditional cuisine in our country ranges from archaeological and anthropological works of pre-Hispanic life to the now ethnohistorians and regional historians who have investigated the cuisine of the viceregal era to the present day, through the themes of the nineteenth century. From the first conquerors of the New World, the chroniclers, the religious orders, the naturalists and foreign travelers, to the contemporary writers and researchers, without forgetting, of course, the wonderful recipe books of convents, haciendas, inns, family houses, and inns, have contributed to enrich the gastronomic knowledge.

And in the 20th century, the texts of Manuel Toussaint, Salvador Novo, Diana Kennedy, Manuel Carrera Stampa, Teresa Castelló Yturbide, Luis González y González, Marita Martínez del Río de Redo and Cristina Barros are fundamental, as well as the group of the Mexican Circle of Culinary Art around Guadalupe Pérez San Vicente (among them Martha Chapa, Patricia Quintana, Ana María Vásquez Colmenares, Lula Bertrán and María Orsini, as well as Jorge D'Angeli, Paco Ignacio Taibo I and Luis Marcet).

All of them, together with other institutional research efforts, such as the one promoted by Guillermo Bonfil Batalla from the National Museum of Popular Cultures, which incorporated communities and anthropologists around the recovery of recipe books and monographs on corn, chili, and seafood, contributed, in one way or another, to the development of a new culture, contributed in one way or another to the construction, years later, of the candidacy consolidated by Gloria López Morales and Sol Rubín de la Borbolla (a magnificent "collector" of recipe books, knowledge, and traditional trades), for the inscription in 2010 of "Traditional Mexican Cuisine; a community, ancestral and living culture and the paradigm of Michoacán", in the Representative List of the Intangible Cultural Heritage of Humanity, also of UNESCO, as a complete cultural model of agrarian activities, rituals, ancient know-how, culinary techniques, customs and ancestral community modes of behavior.

If in 2013 we foresaw from the Directorate of World Heritage of the National Institute of Anthropology and History, that the relationship between the UNESCO cultural conventions of 1972 (world heritage) and 2003 (intangible cultural heritage of humanity), would be increasingly intense, based on the progressive evolution of heritage, which has led us to a broader understanding and inclusion of its components and tangible and intangible attributes, almost ten years later we can speak of an indissoluble association between the two.

Today, culinary experiences allow us, in Mexican world heritage cities, to clarify the cultural characteristics and singularities, but also the close relationship between societies. In all of them, the markets, the tianguis, and the tables offer us a diversity of gastronomic items from each region that are used in family kitchens. The culture of corn, the innumerable types of chili peppers and beans is always predominant.

Thus, in Mexico City the tacos de plaza "con tortillas fresquitas" filled with nopales, onion, avocado and cilantro, in addition to the quesadillas of squash blossom, potato with chorizo or simply cheese; In Tlacotalpan, bean gorditas, fish and seafood (freshwater shrimp) and shredded meat tacos; in Campeche, dogfish bread, joroches and the obligatory poc chuc, in addition to the traditional beans with pork; Oaxaca with its Mixtec and Zapotec cuisines, with bean tamales in avocado and corn leaves, tomatillo, chiles de agua, tostadas with chorizo, pickles, metates, molcajetes and ollas panzonas, as well as empanadas de natilla, the tlayudas glazed with tomatillo garlic chile and pasilla chile, the steamed quelites, and of course, some of the seven moles of the Oaxaca Valleys, along with the various mezcals, the fruit of a diversity of agaves, distilled in clay pots or copper stills; the baroque and independence dishes of Puebla: chiles en nogada, green or red sauce chalupas, chilaquiles de cazuela, mushroom soup, sweet potatoes and pickled sweets.

Michoacán and its Tarascan and Purepecha food: uchepos, charales, battered fish and corundas, in addition to enchiladas de plaza, along with ates and chocolate with water; in Guanajuato and Queretaro, which share similar delicacies, such as nopales cooked in penca, tostadas de pata, enchiladas "queretanas", guacamayas, tamales de ceniza and guamiche ice cream, without forgetting in San Miguel de Allende the Day of the Dead cold meat and the delicate tumbagones; In Zacatecas, asado de boda, melcochas, cocadas, tuna honey, sweet potato, biznaga, chilacayote and pumpkin sweets, as well as Huitzila mezcal; and finally, in San

Luis Potosí, the Tének (maza soups combined with vegetables, mondongos and chilpacholes), Nahua (zachuil and patlache) and Pame (mesquite bugs, fried armadillo and tuza and zopilote broth, as well as orange blossom and mesquite honey) cuisines.

The table, Miguel Fernández Félix tells us, is always a meeting point, "a place where the arts, food, and customs of the country and the world converge and blend to produce universal symphonies with domestic chords."

The Declaration of San Antonio (1995), of the International Council on Monuments and Sites (ICOMOS), made it clear that the cultures and cultural heritage of the Americas are different from those of other parts of the world, for building unique expressions, transcending historical periods and remaining at the base of the nationality of the countries. The greatness of Mexico, of its world heritage sites, is that its past and its traditions are always alive. It is up to the community," warned Teodoro González de León, "to defend its city and its collective values."

We celebrate this publication, an initiative of the National Association of Mexican World Heritage Cities, A.C., whose efforts have been accompanied since 2001 by INAH, through the World Heritage Directorate.





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Campeche

Introduction

Campeche's gastronomy is a melting pot enriched with the entire history of the state. Its reminiscences go back to the food of the Mayas, the arrival of the Spaniards, and the time of the pirates and, of course, are closely related to its geographic location.

The gastronomic heritage of the state is not limited to the dishes, it also has to do with traditions and how cooking is part of people's daily lives.

This legacy can be seen, for example, in the customs of the capital of Campeche. Water carriers make their way through the streets, shouting out their antojitos, tortillas, aguas frescas and ice cream.

Another tradition dictates that it is the men who go to the market. This practice dates back to the time when the pirates occupied the state when they tried to protect women from any offense in the street.

Another ingrained custom is that every day of the week the same dish is prepared in every house. For example, on Mondays, they make puchero, on Thursday's steak casserole, and Fridays fresh fish, while on Saturday night they eat chocolomo (stew of meat and kidneys).

In terms of hospitality, the people of Campeche are distinguished for being great hosts and for offering in each dish a piece of their history and their admiration for their roots.

If there are several constants in Campeche's cuisine, they are the quality of the raw materials, the

variety of seafood, the pre-Hispanic tradition in the use of corn, and its similarities with all the gastronomy of the peninsula.

From the wide range of seafood dishes are derived dishes made with fish such as mackerel, grouper, snook, snook, pompano, snapper, and sea bass, among others.

The shrimp from Campeche deserve a special mention, as they are the best and most sought-after in the country. The most traditional way to taste them is in traditional cocktails or the famous coconut shrimp.

As for other typical dishes that do not come from the sea, there are tamales de masa colada, stuffed with pork mince or rooster meat with achiote sauce. The pibinal, tenderly cooked corn, and the new corn tortillas with lard are sold in the streets. Regarding sweets and bread, it is common to find marzipan, guava paste, sweet potato, ciricote, nance, tamarind, cashew, buñuelitos, coconut candies, meringues, frailes, and canned fruits such as nance, ciricote and mango.

Breads include cream bread, corn bread, turuletas, panetela, egg bread, bizcochos and bizcotelas.

From the Mayan tradition come the famous panuchos, negritos, dogfish empanaditas, tobiles and the traditional pibipollos. While from cazón they make panuchos, empanadas, tamales, tacos and the iconic pan de cazón.

Coconut shrimp

It is a dish that originated in the Caribbean but was perfected in Campeche, due to the high quality of the raw material with which they are made, many of us know the unique flavor of the shrimp from the Sonda de Campeche and the coconut groves of our coast, it consists of breaded shrimp with coconut shredded

and served with a puree or apple sauce.

This dish has been in the state for more than 30 years, so it can be considered part of the traditional gastronomy of Campeche.



Ingredients:

- 24 shrimps size 21/25 peeled (leave the tails on)
- lemon juice
- salt to taste

For the dough:

- 200 g flour
- 2 eggs
- milk (as needed)

For breading:

- 1 ½ cups grated coconut, sweetened and dried oil for frying

To accompany:

- 3 tart apples, peeled and diced
- ½ cup sugar
- 1 cinnamon stick



Preparation

1. Open the shrimp loins in $\frac{3}{4}$ parts, soak them for a few seconds in water with lemon, drain them, dry them and put them in the paste, then dip them in the coconut mixed with the corn flakes and fry them in hot oil, but taking care not to overheat them, drain them on absorbent paper and serve them accompanied by applesauce.
2. For the dough. Mix the flour with the egg, a pinch of salt, and the necessary milk to form a thick paste.
3. For the puree. Cook the apples with sugar and a little water until soft, then blend until thick.
4. Serve the puree in a coconut half and around the shrimp, then decorate with apple slices.

Pan de cazón

This traditional dish is a reference to our gastronomy, the sea of Campeche, and its benefits allow both the housewife and the most renowned chef to elaborate dishes with unique flavors and textures, the dogfish bread is the jewel of our gastronomy.

The crowning glory of our gastronomy is prepared with tortillas, refried beans, and cazón, which is a kind of small shark, tomato, avocado, epazote, and habanero.



Ingredients:

- 4 freshly made tortillas
- 6 tablespoons of refried black beans
- 6 tablespoons of stewed dogfish
- 3 slices of avocado
- 1 habanero chili

For the dogfish:

- 1 tablespoon of lard or corn oil
- ¼ small onion, chopped
- 1 epazote leaf, chopped
- 1 small tomato, peeled, deseeded and chopped
- 200 g of shredded roasted dogfish
- tomato sauce

For the sauce:

- 1 tablespoon of lard or corn oil
- ½ chopped onion
- 3 tomatoes
- 1 epazote leaf or to taste
- salt to taste



Preparation

1. For the dogfish. Grill onion, then add the shredded dogfish, epazote, tomato sauce, and salt to taste.
2. For the sauce. Season with onion, tomato, and epazote, and cook until it is thick and well seasoned.
3. Spread three tortillas with the refried beans, place stewed dogfish between each tortilla each time one on top of the other, cover everything with the remaining tortilla, bathe with the tomato sauce and garnish with the avocado slices and the roasted habanero chile.

Chilmole

It is a very representative stew of the region, the heritage of the vast and rich gastronomy of our Mayan ancestors, is made from burnt red dried chiles that are ground to form a paste, which is diluted to achieve the consistency of a mole and

then cover the prey that at the time were hares, deer, wild pigs, etc. And after the conquest they were replaced by pork, chicken, or turkey, the traditional Maya cuisine suggests that this delicacy should be cooked in the pib or under the ground.



Ingredients:

- 1 kg of pork
- ¼ kg of dough
- 6 hard-boiled eggs
- 2 chopped tomatoes
- 2 tablespoons of butter
- 1 tablespoon of prepared chumóle
- ½ chopped onion
- oil
- epazote
- pork backbone
- salt



Preparation

1. Cut the meat into pieces and cook them with salt together with the backbone bones.
2. Dissolve the chilmole in hot water; strain and add to the meat.
3. Cut in four and sauté the tomatoes and onion in butter, then add them with the epazote to the stew.
4. Mix the masa, lard, and salt; to prepare some jorochitos (small dumplings), which are added to the stew along with the sliced hard-boiled eggs.

Dzotobichay or king's arm

Its name comes from the Mayan word Ts'o toobil chay, which means "corn dough with chaya", it is one of the many tamales inherited from prehispanic gastronomy, the Dzotobichay or Brazo de Reina, is one of the most enjoyed dishes, especially during Easter week because its preparation does not include meat, it is made with corn dough, chaya, boiled eggs, tomato and ground pumpkin seeds.



Ingredients:

- 1 kg of corn dough
- 20 chaya or spinach leaves
- 150 ml of lard
- 120 g of ground pumpkin seed
- 1 large banana leaf
- 6 eggs
- 6 salad tomatoes
- 1 habanero bell pepper
- salt and bell pepper to taste
- 1 sprig of epazote



Preparation

1. In a pot of boiling water, cook the whole eggs for 12 minutes, then remove the shells, cut them into slices, and set them aside.
2. In a pot with hot water add the chaya leaves for 2 minutes, then remove from the water, drain the excess water, chop finely and set aside.
3. In a bowl or a clean, flat surface, mix the masa, chaya leaves, chopped epazote, butter, salt, and pepper.
4. Roll the dough into small balls and roll out in a circular shape to a thickness of 1 millimeter.
5. Add two tablespoons of pumpkin seeds and cover the surface. Then place a piece of sliced egg.
6. With the help of the same banana leaf, make folds in the dough, so that the egg remains inside as a filling, obtaining a tubular shape.
7. In a steamer with boiling water, over medium heat, place the queen arms for 1 hour.

Restaurants Guide

La Pigua

Malecon Miguel Aleman 179 A,
Downtown.
(98) 1811 3365
www.lapigua.com.mx

El Faro del Morro

Inside Marina Yacht Club,
Resurgimiento Av. 12
(98) 1816 1990

Aduana Vasconcelos

59th Street and 8th Street, Downtown.
(98) 1106 7271
(98) 1818 9519

Menta Deli Rest

59th Street between 10 and 12,
Downtown.
(98) 1816 8131

La Chopería 59

59th Street, 252 corner of 10th Street,
Downtown.

Ronsel

Inside the Club House of the Campeche
Country Club.
(98) 1187 7675
www.ronsel.mx

Marganzo

267th Street, Downtown.
(98) 1811 3898
(98) 1113 4401

La Recova

Avenida Resurgimiento by Av. López
Mateos, Bosques de Campeche.
(98) 1811 3050

El Rincón Colonial

59th Street between 16 and 18,
Downtown.
(98) 1143 5385

Rouge Café-Bistro

Prolongación 59th Street between
Av. 16 de Septiembre and Malecon,
Passageway "Román Piña Chan".
(98) 1821 1288

La Palapa del Tío Fito

Calle 8 No. 267, Downtown.
(98) 1811 3898
(98) 1113 4401

El Bastión de Campeche

57th street 2-A between 8 and 10,
Downtown, in front of Parque Principal.
(98) 1816 2128

Patroni's

59th Street between 8 and 10,
Downtown.
(98) 1103 1866

La K'ntinflas

59th Street between 8 and 10,
Downtown.
(98) 1811 5345

El Pargo

Pedro Sáinz de Baranda Av.,
Cocteleros Zone. Palapa 1.
(98) 1105 3548





Festivals

- 1 Sea Tourism Festival
June
- 2 Pibipollo Festival
October





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Mexico City

Introduction

Since its prehispanic origins, Mexico City has been a space open to migrations. The builders of the lake city of Mexico Tenochtitlan came from distant lands in search of the place where they would settle to give birth to collective memory and a symbol of territorial identity for Mexico.

The discovery of the New World implied the arrival of people from distant lands, located beyond the sea. Since then, the Historic Center has been a space devoid of frontiers, receiving people from different origins, cultures, and countries, since the movement of people is an ancient phenomenon.

Mexico City's vocation of openness has continued over time, having received hundreds of refugees and exiles from all over the world: Japanese, Spaniards, Chileans, Argentines, Poles, Guatemalans, the list is long. The generosity of these asylum seekers has left a deep mark on our

city because they, in reciprocity to the gesture of solidarity, have bequeathed their wisdom, their songs, their lyrics, their culture, and of course their gastronomy.

Thanks to this vocation of asylum, the gastronomy of the Historic Center of Mexico City is an enormous mosaic of flavors, colors, and aromas, just take a walk through the San Juan Pugibet Market, the Merced Neighborhood, the Chinatown, and every corner and street of this heritage area to see for yourself.

To speak of a specific cuisine or dish of the Historic Center is complicated; however, we can highlight some dishes such as migas, which have been served for more than 50 years in the famous Barrio Bravo de Tepito, or mole nupcial, which, although it has roots in other parts of our country, was created in the Historic Center of Mexico City.

Migas la Güera

The business is 52 years old and was founded by grandmother Celia Patiño López, who started selling tamales, coffee, and rice pudding. As sales grew, someone suggested to La Güera that she sell migas with pork bone, which was a good idea because since then and to date they have been a success. She attracts locals and strangers alike and makes them go to the rough neighborhood of Tepito to taste the delicious migas.

Migas is a dish made with white bread (bolillo), soaked a little. The pork bone is cooked and a kind of

soup is made with bread, spices, and chili; when it is time to serve, the bone is added.

The dish is simple, tasty, very heavy, and very well served; whoever comes to Tepito and does not eat migas is as if he had not come.

La Güera" is located at number 12 Toltecas Avenue, in the heart of the "Barrio Bravo" and has been the subject of several presses and television reports and is even included in the tourist tours of the area that became fashionable years ago.



Ingredients:

- 8 bobbins
- 1 kg of pork bone
- 8 guajillo chiles
- 2 ancho chiles
- salt to taste
- 3 cloves of garlic
- 250 g onion
- 1 bunch of epazote
- oregano
- chiles de arbol dried and browned in oil



Preparations

1. Place the rolls in a bowl and cover with water. Soak for half an hour.
2. Soak the guajillo and ancho chiles in boiling water for five minutes.
3. Drain the chiles and grind them with two cloves of garlic and the onion.
4. In a large pot boil the pork with garlic, onion, and salt to taste.
5. Once the pork bone is cooked, remove it from the pot and add the ground chili and the soaked bolillo to the broth. To boil until it is seasoned and to rectify the salt.
6. Place the bone in a deep dish and bathe it with the bread broth and season with oregano, lemon, and chile de árbol dorado.

Migas la Güera recipe from Tepito.

Chicken tinga machete

"The business started in the sixties making quesadillas of 40 to 45 centimeters more or less", says Mrs. Amparo, who was the daughter-in-law of the person who started the business, but when she passed away, Amparito and her husband took over the business in Colonia Guerrero. It took a lot of work to "bring the business back up", the usual clientele had dispersed and they had to find the seasoning to which the public was accustomed.

They continued with the long quesadillas until they reached their current size of 70 centimeters now there are three generations of women working in the business and with laughter, they comment that for each generation the size of the quesadilla, better identified as machete, is increasing.

The menu has 17 stews: chicharrón, meat, cheese, brains, mushrooms, rajas, squash blossom, huitlacoche, tinga, beans, chorizo, and potatoes, among others; they also created a special product called "El Champion" which is a kind of wire prepared with the specialties: El Sazón de mi tierra, chicharrón with plantain and cheese; the Hawaiian which is ham with cheese and pineapple; the Cubano, which has a little bit of everything; the Suizo, which is made with three types of cheese.

Thanks to social networks, the business has put itself on the map again; clients from all over the world come to Colonia Guerrero to try Los Machetes de Amparito.



Ingredients:

- 1 shredded breast
- 2 sliced onions
- ½ kg tomato
- 4 morita chiles
- 3 medium garlic cloves
- salt
- chicken broth powder
- 60 cm machete (tortilla)



Preparations

1. Heat with a little oil, add the onion until it sears a little, grind the tomato with garlic and the morita chili, pour it and once it boils a little, add the shredded breast, season with a little salt and bouillon powder, let it boil for about 10 minutes and the chicken tinga is ready.

2. Fill the machete and heat with a little oil.

Machetes Amparito Recipe.

Wedding Mole

"This house is called fonda Mi Lupita. It dates back to 1957 when my parents, Rosendo Gutiérrez Sánchez and Jovita Zetina founded it as it is known today. We make a traditional mole from the State of Mexico, from Toluca; it has nothing to do with the south of Mexico City or Oaxaca or Puebla or Veracruz, where there is a very rich mole, this recipe is created here, merging two recipes from those places: one is Santiago Tianguistenco, where my father was from, and the other is from Ocuilan de Arteaga, where my mother was from", says the owner. They called "Mole nupcial" the mole that resulted from the combination of two recipes.

The mole of "Fonda Mi Lupita" contains 20 ingredients that can be toasted, cooked, or fried. In some cases, it has higher quality ingredients, for example, there are moles with bolillo, maria crackers, or animal crackers. Nut pancakes are added and that enhances the flavor. "The peanut, many people buy peanuts in bulk, the kind they sell already peeled, but

not toasted: we add botanero peanuts, we use the mulato chili that we have to go to Toluca or Puebla to get. Because we prefer to use the freshest chiles, that have a good aroma, a good flavor, and that the seed has an amber color. With this quality control, we take care of one of the star dishes of the national gastronomy. This mole is a dish created in the Historic Center and could even belong to the intangible heritage of Mexico City.

There is a story linked to this special mole: the chef of Los Pinos used to go there to buy mole and although there are no photos, it seems that some presidents were customers. Many embassy employees would go and buy 20 to 30 kilos of the mole to take to Russia, China, Paris, Italy, Spain, and several Latin American countries.

"I bring mole instead of blood", says, proudly, the manager of Fonda "Mi Lupita", founded more than 50 years ago, and named after the Virgin of Guadalupe, not as a tribute to a family member.



Ingredients:

*Earthenware casserole is recommended.

- 2 kg fresh rosemary
- 6 nopales
- ¼ kg dried shrimp with head
- ¼ kg of pink cambray potatoes
- ½ kg of Mole Nupcial
- 100 g of shrimp pulp for the pancakes
- 2 to 3 eggs
- bread crumbs
- royal
- oil
- salt to taste
- baking soda



Preparations

1. Clean the rosemary by removing as much of the stem as possible, and washing it under running water and drain. In a saucepan heat a little water with a teaspoon of baking soda and when it is boiling, add the rosemary to cook until it has a bright green color, once it is cooked, drain and save to remove excess water and keep it for later use.
2. Clean the shrimp and remove the heads (which will be used later) and soak them in a little water.
3. Cook the potatoes and then add them to the dish.
4. Cut the nopales into strips and cook them in water with a little salt and a teaspoon of baking soda in a copper saucepan so that they do not take a black color and do not release much slime, once they are cooked and have a bright green color, drain.
5. Remove the eyes from the shrimp heads and fry them in a little oil, once fried, blend them with a little water and boil them in the casserole where the rosemary will be cooked.

Shrimp pancakes

1. Separate the egg whites from the yolks, beat the egg whites until stiff, and add the yolks to continue beating, add the shrimp pulp with a sifter or strainer and mix evenly with a teaspoon of royal and bread crumbs to make a dough to make pancakes of the desired size to fry them with oil, they should have a golden color so they do not taste burnt.
2. To prevent the dough from sticking to your hands, oil them.
3. The oil used to fry the pancakes will be used to fry the shrimp heads.
4. In the casserole containing the liquefied mixture, add the "Mole Nupcial" and a little more water until dissolved (not too watery), add the rosemary, nopales, cooked potatoes, shrimp, and the pancakes. Let them cook and stir constantly so that they do not stick together or burn.
5. You can add a little more water to taste so that they are not too thick.
6. To serve they can be accompanied by a little white rice.

Receta de Fonda mi Lupita.

Pancita la Güerita

In 1951, Silvina Frausto started selling pancita, to support her children; she established herself in the hallway of her house, with her pan and a comal, in the neighborhood where she lived, in Toltecas 12, calling herself "La Güerita" and provided this service for 34 years.

Her granddaughter María Mónica Frausto Patiño, took over the business in a place next to the neighborhood where she spent her childhood and learned the recipe from her grandmother, now with her

seasoning and has been doing it for 36 years so that this pancita is already a tradition in the Bendito Barrio de Tepito (as Mónica calls it).

Over time, the menu has diversified and they also sell huaraches, sopes, quesadillas, enchiladas, and pambazos, among others.

Currently, the third generation is preparing to take the baton of this traditional and septuagenarian family business.



Ingredients:

- 1 kg beef belly
- ½ kg of whole beef leg
- ½ kg of book and rennet
- 8 guajillo chiles
- 1 large onion
- ½ head of garlic
- 3 sprigs of epazote
- 3 tomatoes
- oregano to taste
- salt to taste



Preparations

1. Wash the meat very well under running water. Boil over high heat in a pot with enough water for the beef belly, whole beef leg, book, and rennet with half the onion, garlic, and salt.
2. In a separate pot, boil the guajillo chiles and tomatoes until they change color. Blend with the rest of the garlic, onion, and a little oregano. Pour this mixture into the pan of the pancita and add the epazote. Boil until the meat is cooked.
3. Serve with chopped onion, lemon, fried chiles de árbol, oregano, and warm tortilla chips.

Restaurants Guide

Migas la Güera

Motolinía 33, Downtown.
Toltecas 12, Barrio Tepito,
Morelos neighborhood.
(55) 5526 8671
FB: Migas la Güera de Tepito - oficial

Fonda mi Lupita

San Juan Market, entrance from Delicias,
Buen Tono 22-local 4,
Downtown.
(55) 5521 1962
www.fondamilupita.wixsite.com/molenupcial

El Gran Cazador

San Juan Market Ernesto Pugibet 21,
Local 100 - 101, Downtown.
(55) 8232 4514
www.elgrancazador.com.mx

Los Machetes Amparito

Héroes 192, Downtown.
(55) 9688 9750
www.losmachetesamparito.com

Café La Pagoda Centro

Av. 5 de Mayo 10-D, Downtown.
www.cafelapagoda.com.mx

Baltazar, los Árabes de México

Motolinía 33, Downtown.

Min Botanero

Dolores 23, Downtown.
(55) 5204 6264
IG: minbotanerooriental





Festivals

- 1 Neighborhood Fair
October
- 2 Day of the Dead Parade and Offerings
October and November





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Durango

Introduction

The city of Durango was erected as the capital of Nueva Vizcaya in the central valleys of the Novohispanic Septentrión, strategically next to a permanent body of water and very close to a series of springs that sprouted on the slopes of a hill. The stream provided water to the Spanish population settled at one end of the ditch while, like a guardrail, it separated and supplied the Indian mission known as Analco.

The consolidation and permanence of the city required satisfying the basic needs of its inhabitants, food being an intrinsic concern that was solved with the available natural resources, as well as with the Mesoamerican, Asian and European foods that were introduced to the lands of Novovizcaínas. In the city, squares were laid out for agricultural work, where endemic species such as corn, beans, and squash were sown, as well as spices from the old continent such as wheat and oats, while large and small livestock were raised in the pastures. Thus, a mestizo cuisine emerged between the Spanish, indigenous, and African-descended kitchens, particularized from the beginning by the need to preserve enough food in periods of harsh climate and limited vegetation.

The natural environment offered a diversity of seasonal animal and vegetable species that were exploited by the native indigenous groups, with preservation processes such as salting or exposure to the air and sun being common subsistence activities to prolong the useful life of these resources. These techniques were enriched with Spanish knowledge on the preservation of fruits, vegetables, and animal proteins acclimatized to the northern plains.

In this way, the cuisine of the city of Durango has been characterized by a variety of incorruptible foods, packaged and processed in high concentrations of vinegar, salt, or sugar, the transformation of meats into tasajos or sausages, the manufacture of dairy products such as cheese, cottage cheese or jocoque, the preference for dehydrated red chili and preparations that allow the timely use of the loss and the recovery of nutrients such as caldillos or watered stews.

The current studies of Durango cuisine have been very clear about the geographical condition that has influenced decisively the preparation of food, considering that the subsistence techniques have performed the culinary usages and have outlined a type of seasoning characteristic of the locality.

The endemic indigenous groups of the state have contributed particular preparations to the traditional cuisine, such as pipian, pinole, atoles, and the consumption of mezcal and quiole. The influence of the culinary range of other countries has also been present in the selection of foods and their preparation. We can indicate the presence of American and Germanic dishes brought in the cultural baggage of businessmen and explorers who settled roots in the capital in the nineteenth century. Another group that has had strong economic and cultural roots is the Mennonites, whose presence in the state is close to 100 years old. Their constant innovation in livestock and agriculture, as well as their commercial spirit, has had an impact on the food of Durango, especially in the variety of dairy products that have been integrated into the cupboards.

Durangueño stew

The caldillo durangueño is considered the most representative dish of the local gastronomy, made with beef and seasoned with green chili ancho or past, depending on the region of the state of Durango where it is prepared, it is an exquisite combination of flavors that show the good taste of Durango's cuisine.

The beginning of the caldillo durangueño was a potato soup that was cooked in the previous century, and it was regionalized from the needs and tastes of the settlers. The grandmothers narrate that the original dish began to be made with venison and little by little it was adapted as a preparation that was tasted on very special occasions like weddings and baptisms.

Among the first significant changes that this dish underwent was the replacement of deer meat, since it is not easy to acquire, with beef. Initially, due to the arid landscape of Durango, it was prepared with dried meat, but as new techniques and appliances were introduced to the kitchens, it is very common today to find it prepared with fresh meat.

The chile pasado is the dehydrated poblano chile, which along with cumin and meat, are the main ingredients of this preparation that has become common to find in hundreds of homes and various restaurants in the capital of Durango, accompanied by handmade corn tortillas.



Ingredients:

- 1 kg of clean dried meat
- 100 g of lard
- 15 chili peppers
- 6 red tomatoes
- 2 medium onions
- 6 garlic cloves



Preparations

1. Finely chop the onion, tomato, and garlic and season in the butter.
2. Add the shredded beef jerky and fry for 10 minutes, stirring constantly to avoid burning.
3. Add the chiles that have been previously washed and hydrated in very hot water for 10 minutes. Devein and cut into strips.
4. Add salt and water to cover the meat, and let the stew boil for 10 minutes.
5. Serve hot with corn tortillas.

Slices of barbacoa

The barbacoa is a technique of Mesoamerican tradition that consists of indirect cooking of food by steam, wrapped in maguey stalks or vegetable leaves underground.

The route of the Camino Real de Tierra Adentro from the center to the north of New Spain, made its way through the northern plains, passing through Spaniards, Creoles, Tarascans, Tlaxcaltecs, Mexicans, and Michoacan's who populated the northern communities around important metal and mineral deposits, which implied the mobility of ancestral knowledge about the transformation of food in the Mesoamerican way. At the end of the harvest of the agricultural cycles, a large

number of Indians dedicated to this task in the fertile center of New Spain, opted for the arriería and the mobility of commercial goods and livestock between the center of the capital and the New Biscay, taking advantage of the technologies of traction by oxen brought from the old continent.

The knowledge of the earth oven technique by indigenous muleteers, and the disposition of the small livestock they transhuman would make the sheep or ram barbecue a popular preparation along the extensive Camino Real de Tierra Adentro, whenever hunger and scarcity would puncture the wagoner's state of mind.



Ingredients:

- 4 kg of lamb meat
- 1 pinch of oregano
- salt to taste
- 3 small onions
- 3 cups of vinegar
- 1 head of garlic
- 1 stalk of maguey
- red chile (optional)
- 8 water breads (bolillo) or teleras



Preparations

1. Blend all the ingredients with vinegar.
2. Chop the meat into medium-large pieces and place them in a steamer.
3. Pour the mixture of ingredients into the meat and cover with maguey stalks.
4. Cook on high flame for at least 50 minutes.
5. Reserve the broth.
6. Crumble the meat and fill the buns, these can be browned a little in the comal and served with chopped cabbage with cilantro.

Gorditas

The gordita is an emblematic food of the states where the Camino Real de Tierra Adentro crosses and has positioned itself as the letter of presentation of the gastronomic culture of Durango for its permanence as a daily meal throughout the state.

According to the descriptions of Fray Bernardino de Sahagún about the diet of the natives of the new continent, in the pre-Columbian table, there was a diversity of corn as well as tortillas of various colors and sizes that were consumed as accompaniments to elaborate dishes or to be stuffed with chili or meat. This short reference is an important mention of the usefulness of the tortilla not only as a dish or spoon but also as a wrapper to contain a stew of a different species.

As Spanish explorers colonized northern New Spain, friendly Indians, mostly from Michoacán and Tlaxcala, were brought to populate their settlements in the Novohispanic Septentrión, taking the route of the Camino Real de Tierra Adentro. It would be possible, through the incursion of these groups of Mesoamerican Indians, the introduction of tortillas and comales, which were not part of the technologies used in the native ethnic groups of the Novovizcaino lands.

Therefore, the gordita was a preparation brought by piggyback from the culinary range of the foreign Indians, adopting the products "from the other side" of the sea that were acclimatized to the Novovizcaino soils.



Ingredients:

- 1 kg corn dough
- ½ kg egg
- 4 green chiles (poblanos)
- salt needed
- ¼ of pork lard



Preparations

1. Nixtamalize the corn one day before with the lime, wash it very well, and grind it in a mill until you have a dough.
2. Empty the dough into a container and cover it with a cloth so that the surface does not dry out. To take a test of the mass to elaborate a gordita of 10 cm of diameter in a tortillera.
3. Place on the comal and when the base is cooked, turn over and press to inflate and separate the top layer. The gordita is removed from the comal and a knife is plunged through the edge to make a hole.

To make the filling

1. Roast the blackened poblano peppers on a comal, keep them in a bag for 10 minutes, and then clean them from the scorched cuticle. Once cleaned, chop them into small strips.
2. In a frying pan, re-burn lard, meanwhile, break all the eggs and beat them with a spoon of salt.
3. Lower the heat to the frying pan with the lard once it is re-browned, add the eggs and let them cook until they are slightly soft. At that moment add the poblano chile. The humidity of the ingredients will make it a slightly watery preparation. Bring to a boil and taste for salt.
4. Fill the gorditas with this stew immediately after opening.

*This recipe is an example because it is one of the most popular in the city of Durango, but there are also bean gorditas with cheese, picadillo, rajas, ricotta cheese, roasted, shredded meat, chicharrón, and lately discadas.

Sweet enchilada sauce

Since prehispanic times, fresh chili peppers have been used as a vegetable and condiment, especially in temperate and tropical climates. Since its cultivation adapts to different climates and soils, its consumption was also important in native communities of Arid America, although due to the natural and geographical conditions, its use was mainly as a ripe and dehydrated chile.

Colonial documents recorded the production of "chile colorado" in different parts of Nueva Vizcaya since the haciendas dedicated fields for the cultivation of these solanaceous plants known as chilar. The archives of customs and alcabalas of the XIX century show its exportation to the capital through guacales from the Poanas Valley and the north of Durango,

such as the current municipalities of Canatlán and San Juan del Rio. The chili plantations benefited mainly in the terroir of the region known as the valleys, which is located right in the center of the state and extends to the corners of the mountains.

The chile colorado has long painted crimson a wide range of dishes within Durango's cuisine such as asados, moles, chilaquiles, enchiladas, tamales, pozole, menudo, sausages, pipianes, venorios, gorditas de horno and gordita fillings such as picadillos or huevos perdidos. A characteristic of the state's food culture has been the preference for sweetened red sauce, which colors and sweetens the first four dishes mentioned above.



Ingredients:

- 4 ancho chiles, deveined and washed
- 1 chocolate slat
- 6 crackers browned in oil
- 3 tablespoons of sugar
- 1 clove
- 50 g sesame seeds
- 1 cinnamon stick
- Piloncillo to taste
- 1 pinch of cumin
- ½ teaspoon salt
- water quantity needed



Preparations

1. Soak the chiles for one hour in warm water, then reserve the liquid.
2. Grind in a blender or metate chocolate, cookies, sugar, cloves, sesame seeds, cinnamon and piloncillo.
3. Add the water from soaking the chiles, salt and spices. It should be thick and manageable.
4. In a frying pan with oil, cook the sauce and leave it on the fire for 5 minutes.
5. This sauce is used to make enchiladas, which are traditionally stuffed or sprinkled with aged cheese.

Ginger tonic with durango mezcal

Mezcal is an alcoholic distillate made from the maguey Agave durangensis, endemic to Mexico, which is capable of growing in semi-arid places. Mezcal was produced by the first inhabitants as part of their ceremonial rites. With the arrival of the Spaniards and their distillation technology, mezcal production increased considerably. Today, this technique is still used to produce a mezcal of exquisite flavor and great quality, recognized as one of the best in the country. Its production process includes four main stages: cooking the maguey, grinding, fermentation, and distillation.

Durango was one of the first states to obtain the Denomination of Origin of Mezcal, thanks to its centuries-old tradition throughout the territory. The

distillate from Durango is characterized by the use of an endemic agave species called agave duranguensis or ashy agave, which strengthens the identity of vast mezcal-producing regions such as Durango, Nombre de Dios, Tamazula, El Mezquital, and Topia.

The acceptance of Durango mezcal is increasing exponentially; it is imported to 68 countries, including the most important consumers: the United States, France, England, and Spain; in the case of South America, the supply of Mexican mezcal has found its way thanks to cultural twinning with countries such as Colombia, El Salvador, Puerto Rico, Uruguay, Brazil, Argentina, Chile, Costa Rica, Ecuador, Panama, and the Dominican Republic.



Ingredients:

- 1 ½ oz of young mezcal
- ½ oz orange liqueur
- 1 piece of fresh ginger
- 1 oz fresh lime juice
- 2 oz cucumber juice
- 1 tablespoon brown sugar
- tonic water
- large ice cube
- cucumber for garnish
- lime for garnish
- whole pepper
- yerbanis
- wood shavings



Preparations

1. In a clean cocktail shaker add a piece of peeled fresh ginger, with the measure of young mezcal and a tablespoon of sugar. With a muslin, stick to macerate the three ingredients.
2. In a decanter, previously filled with yerbanis smoke, wood, and primientas, add the macerated mezcal.
3. In a Boston shaker with large pieces of ice, add the lemon and cucumber juices and the measure of triple sec.
4. Cover the shaker with a Boston glass and shake everything perfectly for 10 seconds, double strain and transfer to the Old Fashion glass with ice cubes, garnish with a cucumber garnish and lemon zest. Top up with a splash of tonic water.

Restaurants Guide

El Zocabón

Av. 5 de Febrero 513 West, Downtown.
(61) 8811 8083
FB: ElZocabonRestaurante

Gorditas Gabino

Constitución 100, Downtown.
(61) 8813 0121

La Fonda de la Tía Chona (Las Chonas)

Nogal 110, Calvario Neighborhood.
(61) 8811 7748
FB: laschonasdgo

Los Portales (Best Western Plus Hotel)

Gines Vázquez de Mercado 806,
Col. Nueva Vizcaya.
(61) 8817 5262
www.hotelplazavizcaya.com/

Típico el Kilo Restaurant

Durango-Torreón Highway km 10,
Industrial City.
(61) 8814 1257
FB: Restaurante Típico El Kilo

Antigua Usanza

Florida 1127, Calvario Neighborhood.
(61) 8143 5069
FB: Antigua Usanza Cocina Duranguense

Gorditas la Monarca

Coronado 935, Downtown.
(61) 8188 5974

La Hacienda (Gobernador Hotel)

Av. 20 de Noviembre 257 East,
Downtown.
(61) 8827 2500
www.hotelgobernador.com.mx

La Victoria

Victoria 161 Sur, Zona Centro.
(61) 8825 5332
FB: RestauranteLaVictoriaDurango

El Asador de la Toscana

La Ferrería Highway km 3.5,
Campestre Estate.
(61) 8824 7085
FB: elasadordelatoscana

Mendoza Antiguo Restaurant

Hidalgo 317, Downtown.
(61) 8811 5643
FB: MendozaRestauranteAntiguo

Comedor del Mercado Gómez Palacio

Av. 20 de Noviembre, Downtown.
(61) 8137 8350

La Galería (Casablanca Hotel)

Av. 20 De Noviembre 811, Downtown.
(61) 8811 3599
www.hotelcasablancadurango.com

La Chamana

Río Yaqui 401, Valle Del Sur colony.
(61) 8811 1632
FB: lachamanadgo

Bistro Garden

Blvd. Francisco Villa 2019, Predio Tayafe
(61) 8829 1505
FB: Bistro.Garden
IG: bistrogardendgo
www.bistrogarden.com.mx





Festivals

- 1 Ricardo Castro Cultural Festival
Easter holiday season
- 2 Muuki Day of the Dead Festival
October and November
- 3 Tamales and Atoles Festival of Durango
December

“Traditional Mexican cuisine is a complete cultural model comprising agrarian activities, ritual practices, ancient knowledge, culinary techniques, customs, and ancestral community behavioral patterns. This has become possible thanks to the participation of the community in the entire traditional food chain: from the sowing and harvesting of crops to the culinary preparation and tasting of delicacies (...) Mexican culinary art is very elaborate and loaded with symbols (...) Groups of cooks and other practitioners of culinary traditions can be found (...) Their knowledge and techniques are an expression of community identity and help strengthen social ties and consolidate a sense of identity at the national, regional, and local levels. ”

Eating is a biological act, cooking is a cultural act. Gastronomic tradition implies the permanence, custom, rite, or news of a system made up of four elements: the products that are selected from the environment, the particular way of preparing them, the

principle or point of flavor, and the rules that move or motivate to consume them in a certain place, way or time. The system then incorporates natural conditions related to ideological factors that give food a deep cultural meaning expressed in practices and traditions.





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Guanajuato

Introduction

Mexican and Guanajuato cuisine is a historical cuisine because it is linked to precise spaces and a diversity of recognizable affiliations, in that sense it is feasible to find that gastronomy integrates, in many of its dishes, elements of pre-Hispanic origin that respond to the antiquity of its tradition and are proof of its historical continuity, dishes that are also still commonly consumed and have remained for generations in the taste of the inhabitants of a region or locality.

It is a symbolic cuisine because it is the bearer of ancient visions of the world, especially in our indigenous Chichimeca and Otomí cultures, because it is prepared with the fruits of the land with the ingredients found in the area of consumption and because it expresses, sometimes, a link of communication with the ancestors, it is also prepared to frame special celebrations established in the liturgical calendar as the food of Easter, Day of the Dead, Christmas, St. John's Day, etc.; or it also has dishes that are prepared to commemorate an important event in the life of the people: birth, baptism, first communion, the fifteenth birthday party, a wedding, a birthday; it also incorporates dishes that are prepared on occasions of commemorative character or in celebration of events that have marked "symbolically" the evolution of our history as food for national holidays, celebrations of patron saints, the beginning of planting or harvest, to name a few.

It is popular gastronomy because it is positioned with strong roots in the habits of the common people and the people. After all, they are foods that are consumed almost daily and are present in various public spaces such as squares, streets, and markets, among others.

The formation of Guanajuato, as a town, dates from 1548 and 1550 when the main gold and silver deposits were discovered; the mines, the mines of Guanajuato were the economic engine that energized, not only the population of Guanajuato itself but the entire region.

Mining served as an articulating axis of the economy that was complemented by the agricultural and industrial work developed in the towns of the cultural and economic complex called Bajío.

Guanajuato's cuisine incorporated the expression of indigenous, Spanish, and mestizo cuisines, thus integrating a diverse mosaic of dishes and beverages. We can imagine that in the heyday of the mining and metallurgical industry, all kinds of cuisines coexisted, from the most opulent ones served in the dining rooms of the great entrepreneurs, to the simplest ones consumed daily by the workers in the mines.

Mining Enchiladas

A dish that evolved from being simple bean or peanut tacos made in an enchilada tortilla, to become an emblematic dish of the mining cities and is now served in hundreds of establishments in the main cities of the center of the country.



Ingredients:

- tortilla
- previously cooked and stewed chicken
- ranchero cheese
- cream
- previously cooked and stewed potatoes
- guajillo chile sauce
- lettuce salad with carrot and cucumber to serve with it
- white rice as garnish
- oil



Preparations

1. Preheat a pan with a little oil; moisten the tortillas in the guajillo chile sauce.
2. Then dredge tortillas on both sides in oil and remove them from the pan. Fill with chicken or potatoes and fold.
3. To finish, put cream and cheese on top of the enchiladas and serve with lettuce, carrot, cucumber salad, and white rice.

Cecina de la Sierra

Traditional dried meat served in thin slices and sauce with refried beans and freshly made comal comaleada accompanied by salt, lemon, and molcajete tortillas.



Ingredients:

- beef jerky
- avocado of the day
- xoconoxtle
- tomatillo
- onion
- cilantro
- lemon



Preparations

1. Mix the avocados, xoconoxtle, tomatillo, onion, cilantro and lime to prepare a guacamole.
2. Cut the jerky meat and dehydrate with salt and lime and then fry it.
3. Once ready, serve and prepare with the previously prepared guacamole.

Noodles with dried chiles

Since the middle of the 18th century, it has been a favorite of the people who eat the pasta stewed in the dry form either on a plate or in tacos accompanied by cheese and molcajete sauce.



Ingredients:

- noodles
- tomato
- onion
- garlic
- cheese
- avocado



Preparations

1. Cook the noodles in salted water, once ready, drain the water.
2. Afterwards, season the tomato, onion, and garlic and blend with a little water.
3. In a saucepan, add the noodles and the sauce until it is reduced so that the noodles are moistened.
4. Assemble and garnish with cheese and an avocado spread.

Gorditas del Bajío

An Otomí dish that is present throughout the state with variations, gorditas are thicker than usual tortillas (écheme una gordita) and filled with an impressive variety of stews that may include those of the Lenten

season: beans, cheese, potatoes, chicharrón, moronga, nopales, chickpeas, potatoes, eggs, shrimp pancakes, etcetera.



Ingredients:

- nixtamalized dough
- refried beans
- pressed chicharrón stew
- cilantro
- onion
- oil



Preparations

1. Prepare and knead the dough, then form the gorditas; preheat the oil and once it is ready, introduce the gorditas.
2. Once they are completely cooked, take them out of the oil and open them with a knife to add the refried beans and the pressed chicharrón.
3. Finally, add cilantro and onion to taste.

Restaurants Guide

La bohemia

Allende 3, Downtown.
(47) 3732 9772
FB: La bohemia Restaurant Bar

La Virgen de la Cueva

Ex Hacienda San Antonio de Barrera 37,
San Gabriel de Barrera.
(47) 3116 6797
www.lavirgendelacueva.com
FB: La Virgen de la Cueva
IG: La Virgen de la Cueva

Casa Mercedes

De Arriba 6, San Javier.
(47) 3733 9059
www.casamercedes.com.mx
FB: Casa Mercedes
IG: Casa Mercedes Gto

Peccato Di Gola

Plaza de los Santos, Marfil.
(47) 3733 5151
FB: Peccato di Gola
IG: Peccato di Gola

Las Acacias

168 Paseo de la Presa Street,
Presa de la Olla.
(47) 3731 1517
www.quintalacacias.com
FB: Quinta Las Acacias
IG: La Virgen de la Cueva

Mestizo

Positos 69, Downtown.
(47) 3732 0612
FB: Mestizo

Colombaia

76 Paseo de la Presa Street,
Presa de la Olla.
(47) 3731 2182
www.vmchotel.com/restaurante-colombaia
FB: Hotel Villa María Cristina
IG: Hotel Villa María Cristina

Amatxi

Paseo de la Presa 109, Presa de la Olla.
(46) 2107 9941
www.amatxi.negocio.site
FB: Amatxi
IG: Amatxi Cocina Autentica

Los Santos

Plaza de los Santos, Marfil.
(47) 3733 1485
FB: Restaurante Los Santos
IG: Restaurante Los Santos

Quedas Bien

Villas de Guanajuato 94,
Villas de Guanajuato.
(47) 3128 7908
FB: Quedas Bien Sushi & Wings
IG: Quedas Bien Sushi & Wings

Pali

Alonso 42, Downtown.
(47) 3756 8347
FB: Pali Gastronomía
IG: Pali Gastronomía

Teresita

76 Paseo de la Presa Street,
Presa de la Olla.
(47) 3731 2182
www.vmchotel.com/restaurante-teresita
FB: Hotel Villa María Cristina
IG: Hotel Villa María Cristina

Casa Valadez

Jardín de la Unión 3, Downtown.
(47) 3732 0311
www.casavaladez.com
FB: Casa Valadez
IG: Casa Valadez

Le Bistro

Ponciano Aguilar 21, Downtown.
(47) 3732 0343
FB: Le Bistro Guanajuato
IG: Le Bistro Gto

Chela & Chuchita

Alonso 25, Downtown.
(47) 3119 0807
www.chelaychuchita.com
FB: Chela y Chuchita
IG: Chela y Chuchita





Festivals

- 1 Food Trucks
Every Saturday throughout the year
- 2 Route to the Heart
Once a month every two months
- 3 Guanajuato of my flavors
Weekend before September 16
- 4 Alfeñique Fair
From October 15 to November 7
- 5 Tasting Mexico
Last Friday and Saturday of November





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Morelia

Introduction

Traditional Mexican cuisine was inscribed on the Representative List of the Intangible Heritage of Humanity thanks to the testimony of the traditional cooks of Mexico Michoacán paradigm, who have kept our gastronomic heritage alive. In the best restaurants, our roots are honored from the culinary vanguard, with the products of Michoacán's land and sea. Throughout the state, expert, traditional and innovative hands offer knowledge and flavor to the traveler.

The state is identified by its cuisine, by its ethical flavors mixed with other cultures. Here there are places and dishes for all tastes: regional, traditional, Mexican, and international.

In Morelia, the avant-garde and tradition of Michoacan cuisine coexist with unforgettable gastronomic experiences from the hands of chefs recognized throughout the country.

Enchiladas placeras

Enchiladas morelianas are one of the most representative dishes of this Heritage City. Like corundas, they are native to the city and their preparation is based on a sauce made with guajillo chile, they can be filled with

cheese or chicken, accompanied with carrots, potatoes and you can add a piece of roasted chicken in the same sauce and of course a jalapeño chile.



Ingredients:

- 1 kg of potatoes
- 1 kg of carrots
- 1 head lettuce, washed, disinfected, and dried
- 100 g sliced onion
- 300 g shredded dry cotija cheese
- pickled jalapeño peppers
- avocado to taste
- oil
- 14 tortillas

Ingredients for the stuffing:

- 100 g chopped onion
- 4 legs with thighs previously cooked in broth
- oil quantity needed
- 200 grams of grated cotija cheese



Ingredients for sauce:

- 6 clean guajillo chiles
- 1 ancho chile, cleaned
- 1 teaspoon oregano
- 4 peppers
- 4 tomatoes
- 2 cloves garlic
- 1 tablespoon vinegar

Preparations

1. Cook the potatoes and carrots, peel them, and cut them into cubes of approximately one centimeter. Fry and set aside.
2. Fry the chicken to taste.
3. The tortillas, one by one soak them in the sauce, without letting go, fry and turn them over. Once fried, fill them with cheese and onion. Fold in half, and place the enchiladas on the lettuce.
4. Place two leaves of lettuce on a plate.
5. Place potatoes and carrots generously on the enchiladas.
6. Add the chicken and garnish with onion slices, a jalapeño bell pepper, and cheese.

Corundas

The corunda is a variety of tamale from the state of Michoacan, with roots in the city of Morelia, which is characterized by having a triangular shape.

According to history, it was served in the ceremonies of the Purépecha princes, accompanied by sauce and meat, giving it the name of "palace rolls".

With the mestizaje, cheese, cream and rajas were added to the recipe, elevating its flavor in a great way.

They are made with corn dough and are wrapped in leaves of the corn or reed plant, with a unique flavor and elaboration of its kind.



Ingredients:

- 1 kg of fresh dough kneaded with 250 g of butter.
- ½ cup of warm water, add the teaspoon of salt and the teaspoon of baking soda.
- 1 teaspoon of salt
- 1 pinch of baking soda
- 250 g rice flour
- 250 g fresh cheese
- 1 teaspoon of baking powder



Preparations

1. Beat until a very smooth paste is formed.
2. With the corn husks, wrap like packages.
3. Line the steamer rack with more corn husks and place the corundas on top. Cover with more leaves and a damp cloth, and cook for approximately 1 hour and 15 minutes.
4. The corundas are served with cream or jocoque or as a garnish in meat dishes with a red sauce with rajas. In the Purépecha recipe, they are the ideal accompaniment to churipo.

Uchepos

Uchepo or uchepu is a name of Purépecha origin with which a fresh corn husk tamale is known, usually small, prepared with fresh corn kernels, ground and mixed with milk, sugar, cream, and salt. Although it may have a slightly sweet flavor, it is not considered a sweet tamale like most corn tamales in the rest of the country. It can be eaten alone, but is often served

with tomato or tomato sauce, cream, and fresh cheese; it can also be accompanied with Poblano or Chilaca bell pepper strips. In the season of tender corn in Michoacán, it is used to prepare soups, pork meat with uchepos, uchepos stuffed with pork meat stewed in tomato sauce, stuffed chiles, or minced beef or pork.



Ingredients:

- 12 very tender corn kernels (keep the leaves)
- 3 cups cream
- 1 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon cinnamon powder



Preparations

1. Shelling and grinding the corn.
2. In a bowl, whisk the cream with the sugar and baking powder; at the end, add the corn masa.
3. With a spoon, prepare the tamales by placing a large portion of the dough in the center of each of the fresh leaves.
4. Place all the tamales in a steamer to cook for approximately one hour.

Ates

Morelia has a long tradition in the elaboration of sweets, and the undisputed star is ate, which has a Denomination of Origin. Its history dates back to the times of splendor of the women's convents located in this Heritage City, where the nuns adopted the traditional Spanish recipes with local ingredients, perfecting them over the years.

The nuns of Santa Rosa de Lima were the ones who started its production and distribution, starting from the typical candied fruit candy with the original

quince recipe, experimenting with other fruits, and turning the ate into the iconic candy of Morelia.

In the Mercado de Dulces y Artesanías, Morelia's families maintain the confectionery tradition generation after generation, who in addition to the ates of Morelia, offer typical sweets such as the morelianas, crunchy caramel cookies; and a great variety of traditional fruit and milk sweets such as camotes de frutas, huesos de leche, covered fruit, cocadas, guava rolls, jamoncillos, borrachitos, meringues, and the traditional rompopo.



Ingredients:

- 2 l of natural water
- 1 kg guava
- juice of 3 lemons
- peel of 2 apples
- 3 cups of sugar



Preparations

1. Wash the guavas and cut off the tails and the tops, then put them in a pot with the water.
2. Heat the water with the guavas and when it starts to boil for the first time or when you notice that the fruit is soft, remove the pot from the stove.
3. Wait for the guavas to finish cooking in the water and when they are at room temperature, blend and strain to remove the seeds.
4. In another saucepan or pot pour the apple peels and cook for 15 minutes over medium-high heat along with a cup of water.
5. When the peels are ready, remove them from the heat and set them aside with all the water.
6. Then, in a saucepan add the rest of the water along with the sugar and place over low heat. Cook for a few minutes while stirring with a spoon or stirring stick to prevent sticking.
7. When it has the consistency of syrup, add the water containing the apple peels along with the juice of the lemons and the guava smoothie previously made.
8. Cook for 45 minutes. It is not necessary to stir with the paddle all the time, just do it occasionally.
9. Once this time has elapsed, remove it from the heat and set it aside.
10. Cover a square pan with waxed paper and pour the guava mixture into the pan.
11. Store in the refrigerator for 24 hours and when it acquires the typical consistency of guava cake, it is ready and can be unmolded.

Carnitas

Carnitas michoacanas is a dish of Creole origin that emerged after the pig was introduced to the new continent since it did not exist in the territory now occupied by Mexico. Despite this, two places in Michoacán could explain its origin, these are Quiroga and the region of Santa Clara del Cobre - Tacámbaro. Quiroga is located in the most important corridor of

carnitas vendors in the state, which has catapulted the dish worldwide. However, history tells that during the occupation of the French-Belgian army in the 19th century, during the siege of the city of Tacámbaro, the officers prepared pigs stewed in their fat, similar to the European confit, and from there it was customary to prepare it with the different variables that exist today.



Ingredients:

- 1 kg of lard
- 2 kg of assorted pork meat (leg, backbone, ribs, shank, horn, horn)
- ½ onion
- 4 cloves
- 6 cloves of garlic with skin
- 1 bunch of herbs
- 5 g pepper
- ½ cup orange juice (save the peels)
- ¼ cup sugar
- Salt to taste



Ingredients to go with it:

- chopped onion
- chopped cilantro
- salsa
- lemons
- chiles in vinegar
- tortillas
- guacamole

Preparations

1. Heat the butter in a large saucepan or casserole and let it melt. Add the onion and wait for it to brown. As soon as it browns, remove it and carefully add the meat pieces, garlic, and peppercorns.
2. Stir until the meat changes color slightly.
3. Dissolve the salt and the sugar in the orange juice; pour over the carnitas and the cueritos and stir; you can also add the orange peel.
4. Cook for 45 minutes to 1 hour or until the meat is tender. You can check its tenderness by removing a piece and trying to shred it with the help of a fork, if you succeed it is ready.
5. Drain with the help of a colander and cut the meat into small pieces.
6. Serve the carnitas in tacos, in bowls in the center, and serve with chopped cilantro, onion, salsa, lemons, and guacamole.

Restaurants Guide

Lu Cocina Michoacana

Portal Hidalgo 229, Downtown.
(44) 3313 1328
www.hotelcasino.com.mx/restaurante-lu-cocina-michoacana.html

Los Mirasoles

Cava. Av. Francisco I. Madero, West 549, Downtown.
(44) 3317 5775
FB: LosMirasoles

Marogui

Ignacio Zaragoza 90, Downtown.
(44) 3312 1888
www.hoteldelasoleidad.com/restaurante.html

Restaurante Carácuaro

Dr. Miguel Silva G. 92, Downtown.
(44) 3274 8725
FB: RestauranteCaracuaroMorelia

Solar de Villagran

Rincón de Las Comadres, Campestre.
(44) 3314 6407
FB: SolarDeVillagran

Portal 7

Av Francisco I. Madero West 63, Downtown.
(44) 3312 5419
www.canteradiezhotel.com/

Chango Restaurante

Sor Juana Inés de La Cruz 129, Downtown.
(44) 3312 6213
FB: CHANGO.RESTOBAR

Las Trojes

Juan Sebastián Bach 51, La Loma Colony.
(44) 3314 7344
FB: lastrojismorelia

La Conspiración de 1809

Allende 209, Downtown.
(44) 3158 0443
www.laconspiracionde1809.com/

Cielo Cocina Fusión

58280, Terrace, Blvd. García de León 700, Nueva Chapultepec.
(44) 3427 0323
FB: cielococinafusion

Emilianos

Artilleros de 1847 #1643, Chapultepec South.
(44) 3315 3571
FB: emilianosmorelia

San Miguelito

Perif. Paseo de la República, La Loma Colony.
(44) 3324 2300
www.sanmiguelito.com.mx/

Cuish

Santiago Tapia 60, Downtown.
(44) 3312 1480
FB: CuishCocinaBoutique





Festivals

- 1 Mole Festival
August 14th and 15th
- 2 International Festival of Gastronomy and Wine of Mexico "Morelia en Boca"
September 28 - October 04
- 3 Traditional Bread Fair of Michoacán
October 16th to 18th
- 4 Enchilada and Corunda Festival
Octubre
- 5 Catrina Fair "Las Calacas de Capula".
October 24 - November 03
- 6 Molcajete Fair, San Nicolás Obispo
December 18th to 20th





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Oaxaca

Introduction

There is no single Oaxacan cuisine; there are as many cuisines as there are regions and communities. To understand this, it is necessary to visualize that the state of Oaxaca has 570 municipalities distributed in 8 regions, it is home to 16 native ethnic groups that communicate in 120 linguistic variants. We are talking about an immense cultural mosaic in a natural setting privileged by the enormous biodiversity existing in our territory.

Oaxacan gastronomy has a face of its own. Its antecedents date back to the origins of civilization in the region. Archaeological evidence points to ten thousand years of human occupation in the Central Valleys and places them as a center of plant domestication and sedentary agriculture.

Over thousands of years, these social groups became more complex and eventually formed large

urban centers. In this context, technological food processes such as nixtamalization were developed, which contributed to the success of these societies.

The encounter between indigenous and Spanish cultures fused both culinary traditions, mutually enriching them with new ingredients and techniques, to which were added those contributed by the African roots, resulting in a completely original manifestation. Oaxacan gastronomy is heir to this complex and fascinating process.

The diversity of the Oaxacan table, then, is not the product of chance. It is the result of entire generations that have been perfecting the flavors that today we offer to the world for the enjoyment of all.

Tlayudas

If there is any craving to which Oaxacans turn to satisfy their hunger in a tasty way, that is the tlayuda.

The name comes from the tortilla with which it is prepared, a large, toasted tortilla, which is varnished with a thin layer of asiento (pork lard) and on top of which black beans ground into a paste are spread, cabbage and quesillo are added.

The tlayuda is placed on the embers to melt

the quesillo and brown the tortilla. It is served fresh from the fire, folded or open, and with some protein such as tasajo, jerky or grilled chorizo.

The delicious simplicity of the tlayuda and its affordable price makes it very popular. In the evenings it is common in Oaxaca to see street stalls or houses that open their gates, with their anafres on fire, ready for customers' orders. Whoever sees a tlayuda for the first time may think it is too big, for an Oaxacan it is not.



Ingredients:

- 1 tlayuda tortilla
- 25 g of asiento de manteca
- 50 grams of ground bean paste
- chopped lettuce
- ground pepper
- 100 grams of shredded quesillo
- 1 tomato, sliced
- ½ avocado, sliced
- 100 g tasajo
- 1 roasted chile de agua
- 1 radish, sliced
- 1 sprig of chepiche



Red sauce:

- 5 miltomatoes
- 2 dried morita chiles, seeds removed
- 2 cloves of garlic

Preparations

1. Dip the lard seats in the tlayuda tortilla and spread with the ground bean paste.
2. Add the lettuce and pepper to taste. Distribute the shredded quesillo on top and place it on a grill or comal until melted. Top with tomato and avocado slices.
3. Roast the tasajo on the grill, cut, and place on top of the tlayuda.
4. For the red sauce, boil the miltomatoes and roast the dried morita chiles with the garlic cloves. Blend and season.
5. Garnish the tlayuda with the chile de agua, radish and chepiche. Serve with red sauce.

Guide soup

The guide soup is a delicacy eaten in Oaxaca during the rainy season when its ingredients sprout in the milpa.

It is mainly composed of quelites: piojito, chepiles, chepiches, and mainly the guide of the pumpkin, in addition to its flower and tender corn to thicken and to eat in pieces inside the soup.

The peasants used to prepare it as a thank you for the harvest received, taking advantage of all that mother earth gives with the work of man.

The guides are enjoyed with the family, they can be accompanied with soft tortillas or tlayudas with a seat and tasajo as protein. Its flavor is sweet and delicate.



Ingredients:

- 10 corn
- ½ onion
- 1 clove of garlic
- salt to taste
- 1 ½ kg of pumpkin guides
- ½ kg fresh chepiles
- 250 g of squash blossoms
- 5 small zucchini (calabacitas criollas)
- 1 branch of chepiche
- 8 shelled corn



Chochoyotes:

- 100 g of dough
- 1 tablespoon of butter
- salt to taste

Preparations

1. Clean and wash the corn; cut it into three pieces each. Rinse the zucchini and cut into quarters. Boil the corn with enough water, the onion, garlic, and salt to taste. When they are cooked, add the zucchini.
2. Cut the chepiles and rinse with abundant water to release the yellow color they give off; rinse until the water is no longer foamy. Clean the guides to remove the fiber from the stems with the help of a knife and cut it into pieces.
3. When the zucchini is almost cooked, add the guides, the squash blossom, the chepiles, and the chepiche sprig to the pot.
4. Grind the corn kernels very well in the metate and add broth when the corn husks are well cooked.
5. For the chochoyotes, mix the masa with the asiento de manteca and salt to taste. Form small balls and slit your finger to make a navel. Add to the broth and cook for fifteen more minutes or until the chochoyotes are cooked and the broth has thickened.
6. Serve and accompany with chile solterito sauce.

Higaditos de mayordomía

The higaditos de mayordomía is a dish that is prepared as breakfast for special celebrations in the towns of the Central Valleys.

It consists of eggs pressed with the liver of chickens or turkeys that are sacrificed especially for this celebration.

The preparation is communal and is prepared in large quantities. It requires a lot of time and care, avoiding at all times that the egg burns, being the prestige of the cooks involved. When it is ready, the

pan is turned over and the main cook hallows it with her knife, divides it into four, and begins to make slices as if it were a cake.

It is served in pieces on deep plates, its broth is added and it is crowned with a roasted tomato sauce with chile de agua, some tortillas fresh off the comal are added and enjoyed. It is worth mentioning that in Oaxaca "who does not eat, carries", that is to say, if they do not finish their dish they take it home, sometimes, more food is given as a gift in a flask for the guests.



Ingredients:

- 250 g pork leg
- 250 g pork loin
- 2 l of water
- 12 black peppers
- salt to taste
- 625 g of tomato
- 375 g of miltomato
- ½ white onion
- ½ peeled head of garlic
- ½ sprig of parsley
- 100 g pork lard
- 20 Creole chicken eggs
- ¼ teaspoon ground cumin



Green jalapeño bell pepper sauce:

- 5 jalapeño peppers
- 2 cloves garlic
- salt to taste

Preparations

1. Cut the meat into small pieces and cook in water with the peppers and salt. Once ready, reserve the broth and shred the meat.
2. Chop in small squares the tomato, the onion, and the garlic; remove the parsley. Heat the lard in an earthenware casserole and sauté the tomato, garlic, and onion for 15 minutes; add the tomato and cook for 15 minutes more; add the strained meat broth, parsley, cumin, and salt to taste.
3. Beat the eggs in a bowl and mix with the shredded meat; when the broth in the casserole is boiling, add the eggs, stirring constantly until they coagulate.
4. Once the bottom of the egg is cooked, turn the mixture to cook the surface; with the help of a shovel or spoon, press the egg towards the edges of the casserole to compact and form a hard-sphere. Press also towards the bottom, fifteen minutes on each side. When ready, the broth should be transparent.
5. For the sauce, roast the chiles and remove the skin; grind in the molcajete with garlic and salt to taste.
6. Serve a portion of the livers in a deep dish with a little of the broth and garnish with the sauce.

Black mole

One of the most popular dishes on the Oaxacan table is mole negro. It is traditional from the Central Valleys and is offered at weddings, wakes, patron saint festivities, Day of the Dead, and in general, in any celebration that is considered important.

The mole negro is an example of syncretism between the different roots of the Oaxacan identity. It is complex in its flavor, as it mixes sweet, salty, and spicy sensations. Its preparation involves the use of

approximately 30 ingredients including spices, chiles, and seeds. It is served with chicken or turkey and is usually accompanied by rice and tortillas.

Its preparation for parties is usually communal and needs several days for its elaboration. The mole negro is one of the most recognized dishes in the national gastronomy and also represents Mexico at an international level.



Ingredients:

- 140 g black chilhuacle chili
- 140 g of mulato chili
- 95 grams of pasilla mixe chili
- 185 g dried chili seeds
- 1 toasted tortilla
- 150 g sesame seeds
- 30 g pumpkin seeds
- 30 g almonds
- 30 g walnut
- 40 g peanuts
- 150 g raisins
- 1 g dried oregano
- 1 g cumin
- 1 g aniseed
- 2 g black pepper
- 2 g cloves of cloves
- 1 g cinnamon stick
- 10 g ginger
- 3 g avocado leaves
- 3 g bay leaf
- 30 g garlic
- 90gr onion
- 100gr plantain
- 30gr yellow bread or bolillo
- 400 g sugar
- 10 g lard
- 1.3 l chicken broth
- 120 g Oaxacan chocolate
- 50 ml vegetable oil
- 15 g salt



To dilute the mole paste:

- 1 ½ kg tomato
- ½ onion
- 1 clove of garlic
- 1 ½ l chicken stock

Preparations

1. Clean the chiles with a damp cloth; devein and reserve the seeds. Roast the chiles over low heat on the comal or at high temperature in the oven, until they take a dark black color. Dehydrate the seeds in the sun or the oven.

2. Once the seeds are ready, place them on a toasted tortilla and set the tortilla on fire; let them burn to ash. Wash, strain in a fine sieve, and set aside.

3. Toast the sesame seeds without burning them. Roast the pepita, almonds, walnuts, peanuts, raisins, oregano, anise, cumin, pepper, cloves, cinnamon, ginger, and two avocado leaves, bay leaf, garlic, and onion.

4. Cut the bread and the plantain, and fry in oil until it turns dark brown.

5. Blend all the ingredients tatemados and fried with the seeds, the chicken stock, and the chocolate, until the skin of the chiles is imperceptible.

6. Heat an earthenware casserole, add the lard and incorporate the grindings and the remaining avocado leaf. When it starts to boil, lower the heat, season with salt and sugar, and cook over low heat for four hours, stirring constantly so that it does not jump so much and does not stick.

7. To dilute the paste, boil the tomato with the garlic and onion; drain and blend. Pour into a hot casserole and add the mole; mix and add the chicken broth. Boil and season with salt and a little more chocolate if necessary.

8. Serve with guajolote, pork, or chicken, accompanied by tamal de siete cueros, fried plantain slices, and warm tortillas.

Restaurants Guide

Alfonsina

183 García Vigil Street,
San Juan Bautista la Raya.
(81) 8181 9859

Criollo Oaxaca

129 Francisco I. Madero, Santa María del
Marquesado, Oaxaca de Juarez.
(95) 1320 0709
www.criollo.mx

Los Pacos

Belisario Domínguez Av. 108, Reforma,
Oaxaca de Juarez.
(55) 5504 1982
www.lospacosoaxaca.com

La Teca Restaurant

Violetas 200, Reforma, Oaxaca de Juarez.
(95) 1515 0563
FB: Restaurante La Teca

Pitiona Restaurant

Allende 114, Downtown,
Oaxaca de Juarez.
(95) 1514 4707 y (95) 1514 0690
www.pitiona.com

Casa Oaxaca El Restaurante

104-A Constitución, Downtown,
Oaxaca de Juarez.
(95) 1516 8889 y (95) 1516 8531
www.casaoaxacaelrestaurante.com/
contacto.php

Crudo

Benito Juárez Av. 309, Downtown,
Oaxaca de Juarez.
(95) 1462 2482
https://crudo-oaxaca.com

Oaxacalifornia Restaurant

Av. Universidad 200 Altos,
Ex-Hacienda Candiani, Oaxaca de Juarez.
(951) 506 1149
https://oaxacalifornia.com.mx

Las Quince Letras Restaurant

Abasolo 300, Downtown,
Oaxaca de Juarez.
(95) 1514 3769
www.lasquinceletras.mx

Restaurant With No Name

20 de Noviembre Street 208, Downtown,
Oaxaca de Juarez.
(95) 1419 1019
www.hotelsinnombre.com

Catedral Restaurant

105 García Vigil, Downtown,
Oaxaca de Juarez.
(95) 1516 3285
www.restaurantecatedral.com.mx

Levadura de Olla Restaurant

304 Manuel García Vigil, Downtown,
Oaxaca de Juarez.
(95) 1269 9068
FB: Levadura de Olla Restaurante

Origen

Hidalgo 820, Downtown,
Oaxaca de Juarez.
(95) 1501 1764
www.origenoaxaca.com

Los Danzantes Oaxaca Restaurant

Macedonio Alcalá 403, Downtown,
Oaxaca de Juarez.
(95) 1501 11 8487
www.losdanzantes.com/los-danzantes-
oaxaca

Tierra del Sol Casa Restaurant

Reforma 411, Centro, Oaxaca de Juarez.
(95) 1516 8641
www.tierradelsol.mx





Festivals

- 1 Encounter of Traditional Cooks of Oaxaca
23, 24 y 25 de Abril
- 2 Festival de los Moles
Julio
- 3 Feria Internacional del Mezcal
Julio y Agosto
- 4 Oaxaca Flavors
Septiembre
- 5 Oaxacalifornia
Septiembre
- 6 Cofradía Mixteca
18 al 22 de Octubre





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Puebla

Introduction

Puebla undisputedly contributes to the arguments and values that gave Mexican gastronomy the UNESCO Intangible Cultural Heritage status.

The geographical location of the city of Puebla was and is an element that influences its gastronomy and commerce, since it is strategically located in the commercial passes of the country, from north to south and from east to west, which boosted its accelerated development and positioned it as a metropolis of the New Spain and currently as one of the most cosmopolitan cities in Mexico.

Puebla's gastronomy is unique in its kind and is the result of a mixture of cultures, of encounters between ingredients, but also of millenary European, Oriental and Mesoamerican traditions, creating multicultural dishes suitable for all the palates of the world.

Puebla's cuisine is a delight for all our senses and is considered one of the richest, most varied, and representative, which led it to become the cradle of Mexican gastronomy.

In this gastronomic city, you can find everything from traditional Puebla and Mexican cuisine to the most sophisticated signature dishes and dishes from other cultures of the world.

Puebla, being a gastronomic city that innovates and educates new generations, was invited to join the International Gastronomic Network Delice Network in 2012, being the first city in Latin America to be part of this network created in 2007. The member cities currently meet to exchange knowledge, ideas, and experiences, to strengthen their gastronomic identity, as well as to promote their projection outside the country.

The "Mesas Poblanas" Program is a compendium of restaurants with a conceptualization of establishments located in the city of Puebla, with a clear tourist orientation, attractive spaces, and a strong local identity, selected with the distinctive traditional and gourmet.

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Puebla, Mexico's cuisine

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Mole poblano

One of the most representative dishes of Mexico and Puebla, made with a variety of ingredients including seeds, chiles, chocolate, spices, chicken, or formerly pork, as decoration is sprinkled with toasted sesame seeds, can be accompanied with red rice.

This iconic dish is made with traditional Mexican cooking utensils, such as clay pots, and wooden spoons and some still use the metate and metlapil (metate roller) or traditional grinders.

Mole poblano is unique among the moles of Mexico since its origin is a mixture of pre-Hispanic mole combined with ingredients from other countries of the world.

What gives it an exquisite flavor is mainly the combination of chocolate and chiles that makes it soft to the palate and gives it a smooth texture, so this dish can be tasted by people from all over the world.



Ingredients:

- 3 cups of butter
- 2 ½ chopped onions
- 8 cloves garlic
- ¾ cup sesame seeds
- ¾ cup almonds
- ¾ cup peanuts
- ¾ cup raisins
- 1 cup pitted prunes
- 1 ½ ripe, peeled plantains
- 1 teaspoon coriander seeds
- ½ teaspoon aniseed
- 2 4 cm cinnamon sticks
- 2 ½ whole onions
- 3 large tomatoes
- 10 tomatillos
- 2 burnt tortillas
- 16 cups of chicken consommé
- 30 deveined mulato chiles
- 16 deveined ancho chiles
- 16 elongated pasilla chiles, deveined
- 3 chipotle chiles
- 4 chocolate slabs of 50 g each
- 4 spoonfuls of sugar
- day-old bread
- salt to taste



Preparations

1. Heat a little lard in a deep mole pan, fry the onions until they are transparent and lightly browned; remove them. Add the garlic, brown, and remove them; put another little bit of lard in the pan and fry the sesame seeds, almonds, and peanuts and remove them.
2. Add two tablespoons of lard and fry the raisins, prunes, plantain, coriander seed, aniseed, cinnamon, and the bread from the previous day.
3. In a hot comal grill an onion, a head of garlic, the tomato, the tomatillo and burn the tortillas over direct heat.
4. In a blender, metate, or hand mill, grind twice the fried and roasted ingredients with 6 cups of chicken broth, heat the rest of the lard with two slices of onion; cook until golden brown.
5. Incorporate the ground ingredients and season them; cook the mole over low heat and stir it occasionally with a wooden spoon so that it does not stick. Continue cooking for an hour and a half or until a paste is formed.
6. Heat a griddle; lightly roast the deveined chiles, being careful not to over roast them because they can take on a bitter taste; wash and soak the chiles in salted water (the time will depend on the spiciness you want to give the mole, approximately one and a half hours).
7. In a blender, grind twice an onion and a half, the chiles, and the 6 cloves of garlic, with a little of the water where the chiles were soaked.
8. Strain the ground chili and pour little by little into the casserole with the spices (between each time let pass 10 minutes); cook the mole to slow fire; move it during its cooking; season with salt.
9. Add the chocolate and sugar; continue cooking for 2 or 3 hours. The mole sauce should be thick and fatty; pour 8 to 10 cups of hot chicken broth to give it a semi-thick consistency and rectify its seasoning.

Recipe from La Barroca Cocina Poblana at FONDA DE SANTA CLARA.

Chile en nogada

The chile en nogada is an incredible mix of multicultural flavors! Made with poblano peppers, stuffed with a stew based on minced meat, some fruits, and spices to season; the characteristic of Puebla's chile en nogada is the delicious capeado, which gives second cooking to the food and integrates the condiments in a unique flavor, in the end, it is bathed with a sauce based on walnuts, and decorated with a touch of parsley and pomegranate.

We invite you to taste the authentic chile en nogada poblano in our city and experience its delicious flavor from July to September.

This dish was created by the Augustinian nuns of the convent of Santa Monica in the city of Puebla, to celebrate the Independence of Mexico. Take advantage of seasonal products such as pomegranate and walnuts.



Ingredients for the picadillo:

- 250 g tomato guaje, chopped
- 100 ml vegetable oil
- 1 stick of cinnamon
- 150 g beef ball, chopped
- 150 g pork leg, chopped
- 50 g white onion, chopped
- 10 g Italian or purple garlic, finely minced
- Fine salt, to taste
- 300 g panochera apple, peeled, cored, and chopped into 1 cm cubes
- 300 g milk pear, peeled, cored, and chopped into 1 cm cubes
- 300 g Creole peach, peeled, cored, and chopped into 1 cm cubes
- 180 g plantain, peeled, peeled, and chopped into 1 cm cubes
- 75 g almonds, sliced
- 75 g raisins, rinsed
- 60 g brown sugar

Ingredients for the assembly:

- 4 poblano peppers, skinned, without skin, veins, and seeds
- 100 g wheat flour
- 150 ml vegetable oil
- 3 eggs, separate yolks, and whites
- 1 pinch of salt
- 1 pomegranate, seeds
- 20 g parsley, leaves

Ingredients for the nogada:

- 1 mini or baguette loaf from the day before, in small pieces
- 375 ml whole milk, plus extra for soaking
- 30 ml fine sherry
- 200 g almonds, peeled and sliced
- 100 g panela cheese, in regular pieces
- 65 g fresh goat cheese, in regular pieces (because of its strong flavor, we do not recommend the creamy cheese from the supermarket); if you cannot find it, add 65 g more panela cheese.
- 100 g brown sugar
- 1 g powdered cinnamon
- 350 g peeled walnuts, keep the vacuum-packed bag refrigerated or frozen until one night before and keep in a container with milk.
- 150 ml whipping cream



Preparations

1. For the picadillo, blend the tomatoes and strain. Heat a tablespoon of oil in a saucepan and pour the blended tomatoes. Sauté and add the cinnamon stick. Remove from heat and let infuse for 15 minutes. Remove the cinnamon and set it aside.

2. Fry both types of meat in a pan with hot oil so that they do not stick together. Add the onion, garlic and a little salt. Remove the meat and reserve it in a tray. In the same pan, with a little more oil, cook the chopped fruits, starting with the panochera apple, then add the milk pear, then the Creole peach and finally the plantain.

3. Add the seasoned tomato, almonds, and raisins. Add the meat, sugar, and salt. Stir the picadillo constantly and carefully to prevent the fruit from falling apart. Rectify the seasoning.

4. For the nogada, soak the bread in a little milk and sherry until soft. Put the sliced almonds, cheeses, soaked bread, sugar, cinnamon powder, and half of the milk in the blender. Blend until a thick paste is obtained; make in two parts if necessary and place the mixture in a bowl.

5. Lastly, grind the walnut with the rest of the milk until small pieces are obtained; it should not be finely ground. Add the ground walnuts to the bowl containing the rest of the nogada ingredients. Pour in the whipping cream incorporating it with the help of a balloon whisk, until a homogeneous mixture is obtained. Keep refrigerated until ready to serve.

6. To assemble, fill the poblano peppers with approximately 200 g of the filling. Flour and set aside. Heat the vegetable oil in a large frying pan.

7. Place the egg whites in a mixer and beat until stiff; you can also use a hand mixer or a balloon whisk. Add a pinch of flour and salt and add the egg yolks to the mixture. Take one by one the floured stuffed chiles and dip them in the egg batter; handle the chiles by the tail. The batter should not be abundant, just a light layer. Fry in hot oil and drain the excess fat on absorbent paper.

8. Serve the Chile Relleno on a fork plate, season with the nogada, and decorate with the pomegranate and parsley leaves.

Recipe by Chef Liz Galicia.

Cemita poblana

Delicious and crunchy, an icon of Puebla's gastronomy, the cemita is a multi-flavored dish of the diner's choice; milanesa, pata, stuffed chipotle, carnitas, among others, accompanied by quesillo, avocado, papalo, onion, you can't miss it!

The secret to the flavor and crunchiness of the cemita poblana is due to the type of water and seeds of the region, as well as the baking heritage of the city of Puebla, which was once the favorite place for Mexican bakeries, combining Spanish and French bakery.



Ingredients:

- 4 pork or chicken milanesas
- 4 cemita poblana bread loaves
- 500 g of quesillo
- 4 avocados
- 200 g white onion
- ground black pepper to taste
- 200 grams of chipotle chili
- 100 grams of papalo
- olive oil to taste
- 2 beaten eggs
- 300 g bread crumbs



Preparations

1. Spread the milanesas and sprinkle with a little salt and ground black pepper. Then soak in the beaten egg mixture and dredge in the breadcrumbs.
2. Heat a little vegetable oil in a hot frying pan. Then fry the milanesas. Once they are ready, drain on absorbent paper. Remove as much fat as possible.
3. Cut the cemitas in half.
4. Place a milanesa on each bread base.
5. Shred the quesillo and spread it all over the cemita. Add slices of avocado and raw onion, as well as the leaves of papalo.
6. Drizzle with a little olive oil and salt.
7. Top with the chipotle chiles.

Chalupa poblana

Irresistible to the palate, chalupas poblanas are a true example of Mexican snacks.

They are characterized for being small tortillas fried in lard, bathed in red or green sauce, with a little chopped onion and shredded beef, your palate will be amazed!

Chalupas boomed after the French besieged the city and food became scarce, so the delicious

chalupas of milpa ingredients (tomato or tomato, chili, corn) with a touch of shredded beef became popular to this day.

Chalupas poblanas were created in the Antiguo Paseo de San Francisco in the neighborhood of El Alto, known as the first Puebla, since it was founded on April 16, 1531.



Ingredients:

- 2 garlic
- 1 white onion
- 500 g tomato
- 500 g green tomato
- 100 g serrano chile
- 50 grams of chipotle chili
- epazote to taste
- Cilantro to taste
- Salt to taste
- 400 g beef ball, cooked and shredded
- 300 g lard
- 1 kg of chalupera corn tortilla



Preparations

1. Place in a pan with hot water and cook the tomato with 1 peeled garlic, a quarter of a white onion, and the chipotle chili and cook until the tomato bursts, add the epazote leaves at the end and blend without water, season and let cool.
2. Place in a blender cup and put the serrano chile, green tomato, a clove of peeled garlic, and a quarter of a white onion and blend with the same liquid, at the end add the cilantro and season. Set aside.
3. Chop half a white onion and set aside.
4. Place the lard in a frying pan and let it cook, once hot spread out the tortillas and brown them on both sides, season the tortillas, with two green and two red pieces, sprinkle the chopped onion, and place strips of shredded meat, then quickly put them in the lard.
5. Serve spread out on a platter.

Arabian tacos

Arabian tacos are one of the most popular and well known in Mexico; made with flour tortilla or Arabian bread, seasoned pork, cooked over direct heat on a spinning top, and can be accompanied with chipotle based sauce, Arabian sauce, and a few drops of lemon, you will not regret trying them!

Originally the meat used to make the Arabian taco was lamb, but due to the availability of pork and the high price of the elbow, they are now made with pork meat, with spices such as salt, pepper, garlic, parsley, and oregano.



Ingredients:

- 500 g of pork cut into steaks (loin or leg)
- vinegar
- 3 sliced onions
- 1 bunch of parsley
- bay leaf
- 25 g thyme
- oregano
- cumin
- garlic
- salt to taste
- 50 ml oil
- 12 Arabic slices of bread



Preparations

1. Chop the meat, blend with a little water, oregano, thyme, garlic, parsley, vinegar, cumin, salt, and bay leaf, add to the meat with the sliced onion, in layers, and marinate for approximately 3 hours.
2. Add them to a frying pan until cooked and ready.
3. Serve with flour tortillas (Arabic bread) and chipotle chili sauce.
4. Nowadays it can also be served in torta bread, corn tortilla, or cemita.

Restaurants Guide

El Maizal

Av. 7 Oriente 406, Historic Center.
(22) 2290 4757
<https://www.casonadelossapos.com/restaurantes/maizal>

Mural de los Poblanos

16 de Septiembre 506,
Historic Downtown.
(22) 2225 0650
www.elmuraldelospoblanos.com/

Casa de los Muñecos

2 Norte #2,
Historic Downtown.
(22) 2242 4825
www.casadelosmunecos.com/

El Sueño

9 East #12,
Historic Downtown.
(22) 2223 6489
www.elsueno-hotel.com

Restauero

5 East 601 Historic Downtown.
(22) 2246 4608
www.restauero.mx/

Moyuelo

Av. 7 West 312-Local "A",
Historic Center.
(22) 2232 4270
www.moyuelo.com.mx/

Intro

Atlixcáyotl 3246-local 2, San Martinito,
Tlaxcalancingo, Puebla.
(22) 2296 6001
<https://introrestaurant.com/es.html>

La Fonda de Santa Clara

Av. 3 Poniente 307, Historic Center.
(22) 2232 7674
www.fondadesantaclara.com

Casa del Mendrugo

4 Sur 304,
Historic Downtown.
(22) 2186 4248
www.casadelmendrugo.com/

Entre Tierras

4 Norte 410,
Historic Downtown.
(22) 2232 5306
www.entretiemras.letseat.at

Casa Barroca

Av. 7 East 205, Historic Center.
(22) 2290 4767
www.casabarroca.com/

El Burladero

7 Norte 2207,
Historic Downtown.
(22) 2243 2956
<http://www.elburladero.com.mx/>

Augurio

9 Oriente 16, Historic Center.
(22) 2290 2378
www.augurio.mx/

Casa Reyna

Private 2 Oriente 1007,
Historic Downtown.
(22) 2232 0032
<http://www.casareyna.com>

La Noria

41 West and 23 South,
Ex Estate La Noria
(22) 2237 7213
www.restaurantelanoria.com

Salón Mezcalli

3 East 610, Historic Downtown.
(22) 2564 8873
www.salonmezcalli.com/menu/





MOLE POBLANO

Salsa espesa hecha de una mezcla de chiles, chocolate, fruta, especias y semillas



100

Variedades de dulces típicos se venden en la tienda de dulces mas antigua de Puebla



SABÍAS QUE?

A DÓNDE IR?



El tradicional Chile en Nogada es un platillo de temporada, que se sirve entre los meses de julio y septiembre



Encontrarás mas de 40 tiendas de dulces tradicionales en :

LA CALLE DE LOS DULCES

Festivals

- 1 Gordita Festival
April
- 2 Municipal Day of the Traditional Cook
May 17th
- 3 Mole Poblano Festival
May
- 4 Sustainable Gastronomy Day
June 18th
- 5 Cemita Poblana Festival
July
- 6 Chile en Nogada Season
July, August, September
- 7 Festival de la Chalupa Poblana
September 15th
- 8 Mole Poblano Day
October 7th
- 9 National Day of Mexican Gastronomy
November 16th



FESTIVAL DEL MOLE
Cada año

FERIAS PATRONALES
DEL CENTRO HISTÓRICO
Cada año





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Querétaro

Introduction

Varied and diverse, Querétaro's cuisine presents a wide spectrum of nutritional and cultural possibilities based, on the one hand, on harvesting, subject to seasonal cycles and, on the other, on traditional crops that, combined with both pre-Hispanic and European techniques and procedures, have gradually configured, since the sixteenth century, this cuisine which, as an act of creation of culture, is inserted in the general production of goods, which are marked by a code of significance and valuation of functions, occasions, situations, and people. Food and ways of cooking, like any other human activity, represent a social relationship that establishes a correspondence between the social structure and that of the symbols through which it is expressed.

The productivity of the Querétaro haciendas in New Spain impacted the daily cuisine, which was diverse, varied, and exquisite; the products of the countryside nourished it and were characterized by appetizing marinades, and broths, salads, sweets, and bread. Thus, gradually, the nascent society incorporated and adapted the old European culinary traditions with the indigenous ones, enriching the nascent regional cuisines.

Religious orders were established in Querétaro, both male, and female, which influenced the cuisine of this region with their procedures and recipes brought

from overseas. In the same way, the liturgical calendar marked the new ways of eating depending on whether it was a daily meal or days of celebration, such as Lent, where fish, shrimp, and legumes were the protagonists of the dishes to be tasted.

In the twentieth century, the growing urbanization of the region caused new eating habits, and the increase in income in the population went hand in hand with the improvement of the diet that increased the consumption of animal protein, but these changes were only seen in the middle and upper classes of the city.

The food scene in Querétaro showed serious differences with the peasant sector that could not integrate dairy products, meat, and vegetables into their diet due to their low income compared to those who worked in the haciendas, who maintained a constant dietary pattern since the mid-nineteenth century.

Today, the city's gastronomy is a tribute to all the cultural changes it has undergone throughout the centuries, but above all to the crossbreeding that brought with it the union of important elements, on the one hand, corn, chili peppers, and seeds, and on the other, animal meat and various fruits, merging in perfect harmony in the preparation of the city's most emblematic dishes.

Queretaro enchiladas

The most local version of the tortilla rolls (previously coated in sauce and fried) that make up that compositional relationship of the group of tacos is known as an order of enchiladas. The object of the highest local recommendation, it also has to be counted that in the assembly -with almost equal importance- it takes its refried potatoes, its ranchero

cheese well onioned and some carrot slices are taken to its crusty acitronamiento; and everything to carry the extolled tortillas to the mouth from a leaf of lettuce as support that, will not prevent to annex, but if it was little, comparsas of pickled chilies and nopales; conjuring -that way- the enchilada.



Ingredients:

- ½ cup of potato, peeled, cooked, and chopped in a fruit salad.
- ½ cup of carrots, peeled, cooked, and chopped in salads
- 4 cups of water (1 l)
- 1 tablespoon of refined salt
- 1 ½ cups of grated ranchero cheese
- 2 tablespoons brunoise white onion
- 5 leaves of lettuce
- 5 tablespoons vegetable oil
- 8 corn tortillas
- 2 tablespoons sour cream
- 4 jalapeño peppers in vinegar



Ingredients for sauce:

- 20 guajillo chiles
- 3 cups of water (750 ml)
- ½ piece of white onion
- 5 cloves of fresh garlic
- 1 pinch of whole black pepper
- 1 pinch dried oregano
- 1 pinch of whole cumin
- ¼ cup vegetable oil

Preparations

1. For the sauce, devein the chiles. Cook the onion, garlic, and spices in water. Blend, strain, and set aside. Fry the sauce in the oil, cook, and season with salt.
2. For the enchiladas, mix the onion with the grated ranchero cheese. Sauté the vegetables in a tablespoon of vegetable oil and add a tablespoon of enchilada sauce. Dip each tortilla in the sauce and fry on the comal with the rest of the oil. Fill the tortillas with the cheese mixture and roll-up.
3. Serve immediately placing the lettuce leaves as a base and, on top of them, place two enchiladas horizontally. Serve with sautéed vegetables, cream, cheese, and chiles in vinegar.

Queretaro guajolotes

It is one of Querétaro's most ostensible creations: the enchilado of the open telera and rolled tortilla that brims with order and excess at the same time, a work of the popular autochthonous baroque style. The local

recommendation would insist on trying the guajolote con lengua (turkey with tongue), made from the same dishes, but with the inclusion of the enchilada -barely sticking out of the bread- as a gesture.



Ingredients:

- 8 teleras of water
- 1 ½ cups of refried beans
- 3 cups of shredded pork carnitas
- 1 cup grated ranchero cheese
- 1 onion in brunoise
- 1 l vegetable oil
- 1 head of lettuce in chiffonade
- 1 cup cream

Garnish:

- 3 cups of cooked and chopped potato in a fruit salad
- 3 cups of cooked and chopped carrots in salad mix
- 2 cups of grated ranchero cheese



Sauce:

- 20 guajillo chiles
- 3 cups of water (750 ml)
- ½ white onion
- 5 cloves of fresh garlic
- 1 pinch of whole black pepper
- 1 pinch dried oregano
- 1 pinch of whole cumin
- ¼ cup vegetable oil (50 ml)

Preparations

1. For the sauce, you must devein, roast, and soak the chiles until soft. Blend the chiles with onion, garlic, and the water where they were soaked. Fry in a little oil and season. Set aside.
2. For the garnish fry the potatoes and carrots with 3 tablespoons of salsa in 1/2 cup of oil and set aside.
3. To make the guajolotes heat the carnitas and beans separately, reserve both. Mix the ranchero cheese with the onion. Coat the teleras with the sauce and fry one by one in the remaining oil. Open the teleras in half and fill each one with beans, carnitas, lettuce, ranchero cheese, and cream.
4. Place the turkey on a plate and serve with the garnish.

Gorditas of crumbs

Made from corn dough with filling, depending on the geographical area, and various other ingredients, gorditas are handmade tortillas, in which -before cooking- the disk of raw dough has been filled with

crumbs (which are the seats of chicharrón or the leftovers obtained from the carnitas). The broken or martajado corn dough makes them crunchier.



Ingredients:

- 1 kg of cracked corn dough (white or blue)
- ¼ cup water
- 400 g crumbs
- 250 g shredded cheese
- ½ chopped lettuce
- ½ cup oil for frying
- chopped cilantro to taste



Preparations

1. Mix the dough with the warm water until you obtain a dough that is manageable and does not stick to your hands. Season with salt. Portion into 50 g balls and fill with a fistful of crumbs. Form the gorditas slightly thick with your hands so that they can be opened and filled. Place on the hot comal, turning the gordita until it is finished cooking.
2. Open the gorditas and fill with grated cheese, lettuce and cilantro.

Mole queretano

It is a common mole in indigenous communities, where it is food for family and religious festivities and can be prepared with chicken or turkey. As in other Mexican

dishes, it is not possible to speak of the unification of ingredients, not even in the region.



Ingredients:

- 3.6 kg chicken
- 5 l of water
- 4 ancho chiles
- 4 mulato chiles
- 4 cascabel chiles
- ½ cup vegetable oil
- ½ cup sesame seeds
- 45 g green tomato
- 5 cloves of fresh garlic
- 1 white onion
- 1 teaspoon of anise seed
- 2 bay leaves
- 1 corn tortilla
- 1/3 bolillo bread
- 1 tablespoon whole almonds
- 1 tablespoon of peeled peanuts
- 1 pinch of cinnamon
- 1 tablespoon raisins
- 1 whole clove
- 2 tablespoons of lard
- 50 g chocolate chips
- 1 teaspoon salt



Preparations

1. Divide the chicken into pieces and cook it with the onion, garlic, and half of the salt in the water. Reserve the chicken, onion, garlic, and 1.5 l of broth. Reserve 1/5 of the sesame seeds for decoration. Devein the chiles and set them aside. Fry the chiles, sesame seeds, tomato, garlic, onion, anise, bay leaf, tortilla, bolillo, almonds, peanuts, cinnamon, and raisins, each one separately. Blend everything and fry in the lard. Gradually add the broth, then the chocolate, and the remaining salt. Boil for 30 minutes over low heat.
2. Place a piece of chicken covered with mole. Garnish with sesame seeds. Serve with rice.

Restaurants Guide

La Mariposa

Ángela Peralta 17, Historic Downtown.
(44) 2212 1166
restaurantelamariposa.mx
FB: La Mariposa

Restaurante 1810

Andador Libertad 162,
Historic Center.
(44) 2214 3324
www.restaurante1810.com
FB: RESTAURANTE "1810"
IG: restaurante1810

Carnitas El Cuate

Estate Chichimequillas 542,
Colony Jardines de la Hacienda
(44) 2216 0499
FB: Restaurant El Cuate
IG: restaurantelcuate

Las Monjas

Ezequiel Montes 22 North,
Historic Center.
(44) 2212 1538
FB: Las Monjas Qro
IG: Las Monjas Clarisas

Las Águilas

Hidalgo 206, Historic Center.
(44) 2216 3856
FB: Restaurante Las Águilas
IG: RestaurantLasaguilas

Don Chamorro

Garibaldi 73, Historic Center.
(44) 2312 3403
FB: Don Chamorro
IG: DonChamorroQro

El Mesón de Chucho El Roto

16 Luis Pasteur Avenue, Historic Center.
(44) 2183 1243
www.chuchoelroto.com.mx
FB: El Mesón de Chucho El Roto Qro

Hacienda "Los Laureles"

Km. 8.5 Querétaro Highway
San Luis Potosí, Jurica.
(44) 2218 1084 | (44) 2218 1118
www.restauranteloslaureles.com.mx
FB: Hacienda Los Laureles
IG: hacienda_loslaureles

Los Correa

Av. Constituyentes 1A, Orquídeas.
*Inside the Plaza de Toros.
(44) 2215 4440
FB: Los Correa
IG: loscorreaqro

El Palomar

Damián Carmona Private 101 D,
Historic Center.
(44) 2223 3250
FB: El Palomar Restaurante Qro
IG: Elpalomarrestaurante

La Antojería Querétaro

Andador 5 de Mayo 39,
Historic Center.
(44) 2224 2760
FB: La Antojería Querétaro

Selva Taurina

Independencia 159, Historic Center.
(44) 2248 3733
FB: @LaSelvaTaurinaLaCruz

Nicos

506 Bernardo Quintana Blvd.,
Colony Arboledas.
(44) 2212 2133
FB: Nicos.qro
IG: Nicos_qro
www.nicos.com.mx

Querétaro Rico

Independencia 109, Historic Downtown.
Hidalgo 182, Historic Downtown.
(44) 2480 4009
FB: Queretaro Rico Suc. La Cruz
IG: qroricolacruz

Gorditas "El Güero y Lupita"

Garibaldi 4-A, corner of Gutiérrez Nájera,
Historic Center.
(44) 2212 6693
FB: Gorditas El Güero Y Lupita
IG: gorditaselgueroylupita

Bisquets Querétaro

Pino Suárez 7, Historic Center.
(44) 2214 1481
FB: Bisquets Querétaro





Festivals

- 1 GastroFest – October
October
- 2 What does Querétaro taste like?
November





Ciudades Mexicanas
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San Juan del Río

Introduction

The city of San Juan del Río is located in the center of the country and was declared a World Heritage Site by UNESCO in 2010, as part of the cultural itinerary of the Camino Real de Tierra Adentro. During the colonial period, it was the first important point for the rest and refueling of travelers who went into the interior of New Spain, both to the Ruta de la Plata and to the Bajío and the Sierra Gorda.

Being located at the gateway to what was called the Great Chichimeca Border, two realities coexisted in these lands: the agricultural exploitation of the sedentary Mesoamerican peoples and the practicality of the nomads of the untamed Aridoamerica.

This duality contributed to the gastronomy of San Juan del Río the characteristics of two worlds: agricultural production transcended the hacienda system, being one of the most fertile regions in the center of the country, while activities such as hunting and gathering continued to have a great influence in the elaboration of local dishes. Preparations based on wild fauna, such as deer, rabbits, and hares, had a daily presence even after the colonial period, but gradually disappeared with the arrival of modernity. On the other hand, the products of the cornfield were always the support to shape the dishes of the region: corn, beans, chili peppers, and vegetables, marking the seasoning of San Juan's food until today.

However, the characteristics of the city, as a transit and connection zone, marked the evolution of the local gastronomy, thus placing us in the boom of the circulation of people and vehicles that took place

during the 20th century, where an increasing amount of travelers circulated through the former Calle Real, now converted into Avenida Juárez, and the need to serve them promptly determined the characteristics of the products that would be offered to the hurried passengers that, both by road and by train, transited through the city. Therefore, it was crucial to be able to offer fast food based on corn dough, chili peppers, cheese, beans and poultry, pork, and lamb meat.

Thus, several types of delicious garnachas began to position themselves in the taste of visitors, among which the gorditas of broken corn and what we now know as "dobladitas" or canasta tacos, locally known as "enchiladitas", were predominant, as they are filled mainly with cheese and chili. Tamales, a product that can be found throughout the country, took shape in the region in the traditional "chancla", a "flattened" variant that favors quick cooking.

And if we are talking about meat, the most traditional to date is undoubtedly the pork carnitas, prepared with centuries-old recipes and a style of their own, without much adornment, which to this day retain that authentic flavor that continues to delight the palate of the most demanding, always accompanied by a rich sauce, pickled chiles, and handmade tortillas. Finally, another product that has made San Juan famous has been the lamb barbecue, which can be found in the area of Palmilla's, and which welcomes those who travel along Federal Highway 57, which, to a great extent, follows in the footsteps of the old Camino Real de Tierra Adentro.

San Juan Carnitas

Carnitas are a dish that is representative of the Mexican Bajío and, as such, in San Juan del Río they have been present for hundreds of years.

Each region, of course, has developed its variant, but those of San Juan del Río are famous for their tastiness. The Otero family has excelled in the preparation of this delicacy and, of course, Carnitas El Camino is exemplary, having delighted diners for almost half a century. Don Pancho Otero tells us that, as his family has a tradition in the butchery business,

it was his idea to diversify to offer this product and take advantage of the family business. The recipe, he tells us, was transmitted orally "by the first cousin of my great uncle", being great merit of Don Pancho to be able to achieve the exact point and seasoning that has given him fame as one of the establishments not to be missed when visiting this city. The rib tacos with handmade tortillas are undoubtedly the favorite dish of the customers, but a torta de surtido con cueritos is a worthy rival in terms of preferences.



Ingredients:

- 100 kg whole pig previously cleaned
- two to three cans of lard
- water
- grain salt



Preparations

1. For an average 100 kg pig, pre-heat two to three cans of lard for about half an hour. Increase the heat to introduce the largest pieces, fifteen minutes later introduce the rest of the pieces. Increase the fire, when it reaches a certain temperature lower it again.
2. After two hours of cooking, put the little hides, after 30 minutes lower the temperature by 30 percent and place the hides on the upper part. At this moment introduce the viscera and the fats, that previously and separately are boiled in butter at low fire for one hour and a half. Lower the temperature by 15 percent.
3. After half an hour, add water, and after 10 minutes add the salt water (water with dissolved grain salt). After 10 minutes, turn off the heat and let season for 20 minutes more. Carefully remove carnitas and drain them for 20 minutes, then they are ready to be served.

Chili Cheese Dobladitas

An excellent and delicious dish, prepared with the basic ingredients of Mexican gastronomy: corn and chili. The "enchiladitas", as they are known locally, or "tacos de canasta", as they are more generally known, represent a practical way to satiate the appetite with a lot of flavors. In San Juan del Río they can be found in some traditional restaurants, but especially in the plazas and streets. The ladies who sell them come

from the communities of the municipality, such as Barrio de la Cruz and San Sebastián de las Barrancas Norte. Such is the case of Doña Queta, a tender old lady who for more than 50 years has sold tortillas and dobladitas from her basket on 2 de Abril Street, in the center of the city, a simple dish at a modest price, which is enjoyed accompanied by the classic pickled chilitos.



Ingredients:

- 500 g tortillas
- ¼ kg of pasilla chile
- 6 tomatoes
- oil
- 1 kg ranchero cheese
- salt to taste



Preparations

1. Boil the tomatoes until they are clear, and blend the pasilla chile, tomatoes, and salt.
2. Fry the chili in the oil and add the cheese, once it is ready apply the chili to the tortilla and it is ready to eat.
3. Store the dobladitas in a plastic basket to give them their characteristic texture.

Broken corn gorditas

This variant of a very Mexican product is typical of this region, although perhaps not exclusive. After the tortilla, gorditas have been the main product derived from nixtamalized corn. The practicality that represents its thickness, as a perfect receptacle for the most varied stews, has allowed the gordita to spread throughout the national territory, adopting the most diverse forms. All the preparation must be done the same day, both the nixtamal and the cooking of the martajada dough and the stews that will give it its definitive flavor. Mrs. Lucía

Chávez continues the tradition of selling gorditas next to the Temple of Santo Domingo, a tradition started by her mother, Mrs. Seferina García, more than 50 years ago, and in which today she is accompanied by her son Óscar. Mrs. Lucía tells us that the most traditional gordita is the guajillo chili, but her customers also like the chicharrón, migajas, potatoes, and chili with egg, and unlike in other cities, these gorditas are grilled over charcoal, so the tatemado is part of their seasoning.



Ingredients:

- 1 kg of nixtamalized and martajada corn masa (masa de maíz)
- rancho cheese
- 10 guajillo chiles
- 2 ancho chiles
- 2 cloves of garlic
- 1 large tomato
- salt



Preparations

1. Roast the chiles and cook a large tomato. Once cooked, turn off the heat and place the chiles in the same water to soften. Blend with salt, two cloves of garlic and half an onion, and a little of the water in which the tomato was boiled. In a frying pan heat 100 ml of oil and add half a chopped onion until it is acitronar, add the chili mixture and cook for 10 minutes. When finished, turn off the heat and add a ½ kg rancho cheese, mix and set aside.

2. With the martajada dough, prepare small balls the size of a lime and roll them until they are approximately one centimeter thick. Once formed, place the gorditas on the griddle until they are cooked to a certain degree, after which they are opened on one side to introduce the chile and cheese mixture. Finish grilling over charcoal on a grill or griddle and serve with serrano chiles and pickled onion.

Piloncillo slippers with cheese

The chanclas (slippers) are another adaptation of a dish that is typically Mexican: the tamale. This variety is a flattened tamale that for many years has been cooked in the region of San Juan del Río, still subsisting in family recipes, both in the municipal capital and in neighboring towns. The preparation of these delicacies

represents the pride of some families that continue to promote their consumption, such is the case of the Ríos Osornio family, who opened their "Chanclería" a few years ago so that the public can enjoy this delicacy that has been prepared in their homes for generations.



Ingredients for dough:

- 1 kg corn flour
- 1 l of water
- 1 stick of butter
- 1 cup of piloncillo ground in the metate.



Preparations

1. Place the leaves to soak and disinfect.
2. Pour all the ingredients into a refractory, and stir well until you find the desired consistency of the dough.

Relleno

1. Grind two pieces of piloncillo in the metate. Place a spoonful of dough on the sheet, spread it, put a spoonful of ground piloncillo, sprinkle the rancho cheese, close the sheet and place it in the steamer.
2. Cook for one hour.

Restaurants Guide

La Casa del Naranja

Hacienda La Venta Hotel, Panamericana Highway West 3, Historic Center.
(42) 7272 9625
www.hotelhaciendalaventa.com.mx/en/facilities/restaurant

Sorgo Rojo

Benito Juárez Av. 9 A. Oriente, Historic Center.
(42) 7204 2534
FB: sorgorojorestante

O'Puento

Av. Benito Juárez Poniente 185, Historic Downtown.
(42) 7272 0568
www.hotelsanjuan-del-rio.com

Cenaduría Las Mercedes

José María Morelos 110, Historic Center.
(42) 7272 8344
FB: Cenaduría las Mercedes

Carnitas El Camino

Bldv. Miguel Hidalgo 8 A, Historic Center.
FB: Carnitas el camino"

El Corral de la Vaca

Mexico 45 km 171, Downtown.
(42) 7272 5118
FB: elcorraldelavaca
www.carta.menu/restaurants/san-juan-del-rio/el-corral-de-la-vaca

El Fogón Mexicano

Bldv. Miguel Hidalgo 78 B, Historic Center.
(42) 7272 5491
FB: el.fogonmexicano

Barbacoa Santiago

Mexico-Queretaro Highway km 152 Palmillas, San Juan del Río.
(42) 7266 2186
FB: barbacoasantiagomx

El Florentino

Fiesta Americana Galindo Hotel, Amealco Highway, km 5.5.
(42) 7271 8200

Bar La Cobacha

Benito Juarez Avenue, Del Olvido, Downtown.
(55) 6472 8302

Gloria Alina

San Juan del Río - Tequisquiapan Highway, km 6, San Pedro Ahuacatlán, San Juan del Río.
(42) 7274 9544
FB: Restaurante GloriAlina

Café La Parroquia

Fundadores 3, Historic Center.
(42) 7272 4740
FB: MADRIGALGUERRERO

Campo Bravo

Panamericana km 171, Historic Center.
(42) 7272 4445
FB: Campo Bravo Bar & Grill

Misión San Gil

Mexico - Querétaro Highway, km 172. La Estancia.
(42) 7271 0030

Casa Gabriel

Francisco I. Madero 4, Historic Center.
(42) 7272 7817



A person wearing a green outfit and a white hat is riding a white horse in a festival setting. The horse has red wraps on its lower legs. In the background, there are large white umbrellas, a crowd of people, and a sign that says "PREFEST".

Festivals

- 1 National Tamales and Atole Contest
January
- 2 Garnacha Fest
Beginning of the Easter and late summer vacations
- 3 Wine, Cheese and Beer Festival
Beginning of spring
- 4 Autumn Flavors
November





Ciudades Mexicanas
PATRIMONIO MUNDIAL

San Luis Potosí

Introduction

The state of San Luis Potosi, like all Mexican provinces, has customs and traditions, rooted in regions such as the Huasteca, the Middle Zone, and some neighborhoods of the capital city.

In the state capital it is traditional during Holy Week the so-called Procession of Silence, with its characteristics, in addition to the religious images of the neighborhoods, the penitents and other brotherhoods, young women dressed in the traditional silk shawls of Santa Maria del Rio participate.

The religious patron saint festivities are full of joy and provincial color, of which the ones of the neighborhoods of San Miguelito, Santiago, Tlaxcala, and San Juan de Guadalupe stand out.

Potosina cuisine is a mixture of elements of indigenous and Spanish tradition, among its most important typical dishes are the cabuches, the asado de boda, pork meat seasoned with chile ancho; the zacahuil, corn tamale made with pork meat; the tacos potosinos of cheese or chicken,

served with carrots, potatoes and sprinkled cheese; the fiambre potosino, a mixture of meats and vegetables marinated in vinegar; the gorditas de Morales and the Saucito; as well as the famous "enchiladas potosinas", made with red chili and served with refried beans and guacamole. Among its most exquisite desserts are tuna cheese and sweets made with goat's milk, such as custard and cajetas.

In addition, the famous enchiladas potosinas are possibly the most popular dish outside the state itself, as they are known for their crunchy flavor and color, in addition to the regional cheese that comes inside.

Currently, in the capital of San Luis Potosi, we can delight ourselves with the gastronomy of the different regions of the state, since in different establishments and markets we can taste local and regional dishes, thus making tourists and citizens themselves know the varied culinary proposal that San Luis Potosi has.

Red tacos

The origin of these tacos is based on a popular story, the locals say that in a street stall located in front of the garden of Tequisquiapan (one of the 7 neighborhoods of the city) "Camilita" created these tacos, by dipping a tortilla in a dry chili sauce and then passing it through oil, putting fresh cheese and rolling them into a taco shape, as a garnish he used carrots and boiled potatoes and to finish cut lettuce, cream and fresh

cheese from the region. This recipe has been inherited and preserved in its originality, and today, this stand is still in force, being one of the favorite gastronomic destinations in the city. In the beginning, it was a street snack, but thanks to its popularity and great demand, now we can find them in different establishments. A traditional and unmissable dish of the city.



Ingredients:

- 4 cascabel, guajillo, or any red chile that paints and doesn't sting
- 1 clove of garlic
- 1 piece of onion
- 1 tablespoon of salt
- ½ kg corn tortillas
- oil for frying
- 500 g fresh cheese
- ½ romaine lettuce cut into thin strips
- 1 tablespoon of milk cream
- 500 g fresh cheese, grated
- 500 grams of chopped pickled cured beef string beans



Ingredients for the garnish:

- 5 carrots, diced
- 5 potatoes, diced

Preparations

1. Cook the chiles without veins or seeds in water with salt, onion, and garlic, once they are soft, blend them. Reserve the sauce in a deep dish.
2. Stir the cheese with chopped onion. This will serve as the filling. The sauce is a deep dish.
3. Heat oil in a frying pan.
4. Dip the tortillas (without previously heating them) in the sauce and drain.
5. Dip them in the hot oil, without frying them, and arrange them on a platter. They should be soft.
6. Put the cheese and onion mixture on each tortilla and roll them up in the shape of a taco.
7. Arrange the tacos on a serving platter.
8. Precook the carrot and potato in water. Soak the carrots and potatoes in a little of the sauce and fry them in the pan where the tortillas were passed.
9. Present with the garnish on top of the tacos and finish with lettuce, sour cream, cheese, and cueritos.

Ventilla Chiles

A dish made with chiles chinos or chiles color, stuffed with fresh cheese from the region, bathed with cream, condensed milk, and baked in a clay pot. It is a specialty served in restaurants, and it is commonly eaten at baptisms and weddings. It is popularly stuffed into a bun along with a roast beef steak as if it were a cake and then bathed with chili sauce. It is considered representative of the capital of San Luis Potosí.

The name refers to the hacienda La Ventilla, located in Villa de Reyes, San Luis Potosí, where poblano chiles were grown and dried in the sun on mats to prepare this dish; it was also the home of its creator: Martha Espinosa de Meade, an experimental

cook who loved to mix unusual ingredients trying to create delicacies with her seal.

In the beginning, Ventilla chiles were considered a delicacy of the landowner, since this dish was only savored inside those buildings.

To welcome the distinguished guests that arrived at her home, Martha prepared a variety of stuffed chiles, among which always stood out those filled with cheese and bathed in a sweet and creamy sauce. By the 1980s, the chiles, which Martha would call according to their place of origin, were already an expected delicacy among her friends and family.



Ingredients:

- 12 ancho chiles
- 500 g asadero cheese
- 1 l of natural cream
- 250 ml condensed milk
- 1 tablespoon of paprika



Preparations

1. Clean the chiles by removing the seeds and veins and hydrating them in hot water.
2. Remove them from the water and put them in the drain.
3. Fill the chiles evenly with the cheese.
4. Mix the milk and cream.
5. Place the chiles in a baking dish and cover them with the sauce. Bake for 10 to 15 minutes or until the cheese gratinates.
6. Serve sprinkled with paprika.

*Make sure that the consistency of the cream is somewhat liquid since it will lose moisture in the oven and may become too thick.

Enchiladas potosinas

The story goes that enchiladas potosinas were born accidentally when Doña Cristina Jalomo (1874 - 1973) from the municipality of Soledad, which at that time was a distant town from the city of San Luis Potosi and today is part of the conurbation, took her nixtamal dough to the town's mill, where they also ground rattlesnake chiles, when she went for it she noticed that it was mixed with chile, taking a reddish color. In order not to waste it, he decided to prepare tortillas with the dough. He added cheese and salsa as fillings, folded them like quesadillas, and took them to the comal. When his dough was contaminated with the spiciness of the chiles, it gave them a very special flavor.

According to publications by National Geographic and the newspaper El Universal, the event happened more than 100 years ago.

The dish became one of the favorite snacks of personalities, former presidents, and celebrities such as Adolfo Ruiz Cortines, Adolfo López Mateos, María Victoria, and Pedro Vargas. Currently, this preparation is recognized throughout the country and is so popular that it has its fair. The Jalomo family continues the tradition of preparing enchiladas potosinas. They use chile cascabel for the dough and for the filling they use a special tomato stew and three types of cheese. They can be fried or grilled, with beans, guacamole, potato, salsa, and jerky.



Ingredients for the dough:

- 1 ½ kg of fresh masa
- 200 g ancho chiles, lightly roasted, seeded, and deveined
- 3 cloves of garlic
- 1 tablespoon of salt

Ingredients for the stuffing:

- ½ cup chopped white onion
- 1 l of water
- 10 green tomatillos without skin
- 3 cloves of garlic
- 3 serrano chiles
- cilantro
- 2 cups of aged cheese



Preparations

1. To prepare the dough for the enchiladas potosinas: hydrate the chiles in hot water for 20 minutes and drain them, keeping the water. Separately, grind the chiles together with the garlic, salt, and part of the soaking water. Mix all this perfectly with the dough and knead, when it is smooth make testales (small balls), and let them rest while preparing the filling.
2. To prepare the filling: boil the water and add the tomatillos, garlic, and serrano chiles; cook for 20 to 25 minutes, drain the water and keep. Chop the cilantro, add salt and grind lightly together with the materials that were boiled, so that a thick sauce is left, in a saucepan fry the onion and add the sauce to boil, at that moment add the crumbled aged cheese and remove from the fire.
3. To form the enchiladas potosinas: make tortillas with the dough balls that were resting, put them to the comal and add a spoonful of filling; fold them so that they are like quesadillas. Then fry them and serve them garnished with crumbled fresh cheese and finely chopped onion.
4. Some people serve them with guacamole, refried beans, and cecina.

Tuna cheese

The Chichimecas (bloodsuckers) inhabited the extensive Bajío area for more than 700 years; in their travels, in search of food, they traveled distances between Guanajuato, San Luis Potosí, and Zacatecas. When they found a ripe tunal, they stopped for weeks to feed themselves. They elaborated colonche, a ferment of the red prickly pear, and drank it in copious quantities, and drunk, at night, they lit large bonfires and danced the dance of the mitote. When the prickly pear cactus was exhausted, they made prickly pear cheese to take with them on their travels.

Today, tuna cheese is made and marketed mainly in the area of the state of San Luis Potosí. Considered a jewel of the typical Potosi gastronomy,

the sweet of pre-Hispanic origin is made with tuna cardona, a variety of the cactus fruit found in the highlands of the Potosi-Zacatecan plateau.

It is produced in the municipalities of Villa de Arriaga, Mexquitic, Salinas, Villa de Arista, and in the capital, in the El Saucito neighborhood, where some families are still dedicated to the elaboration of this unique sweet.

The traders of typical sweets indicated that prickly pear cheese is one hundred percent natural and can even be consumed by diabetics, besides having a long shelf life.



Ingredients

- 2 kg red tuna (cardona)



Preparations

1. Peel the prickly pears and pass the pulp through a strainer to remove the seeds.
2. Place the pulp in a saucepan (if you have a copper pot, better) and cook over low heat until thickened. Stir constantly to prevent it from sticking to the pot or splattering.
3. Let the pulp (now called melcocha) cool in a greased container suitable for high temperatures.
4. Remove the melcocha from the container when it is warm, knead and beat on a table (preferably wooden) until it changes to a brown color.
5. Place in a greased or waxed paper-lined container and let dry.

*Butter, lard, vegetable oil, etc. can be used. They can also be placed in molds, to obtain the figure you prefer.

Restaurants Guide

La Posada del Virrey

Garden Hidalgo 3, Historic Center.
(44) 4812 7150
FB: laposadadelvirrey

Antojitos El Pozole

Alfredo M. Terrazas 600,
Tequisquiapan.
(44) 4813 1100
FB: antojitosepozole

Tacos Rojos Doña Juanita

Mariano Arista (Jardín de Tequis)
Tequisquiapan Colony.
(44) 4380 5776

Antojitos San Miguelito

Prol. Pedro Vallejo 605,
San Miguelito neighborhood.
(44) 4814 3637
FB: sanmiguelitoantojitos

Cantina La Consentida

C. Morelos 1125, Downtown.
(44) 4178 0080
FB: Cantina La Consentida

La Parroquia Potosina

Venustiano Carranza Av. 303,
Historic Downtown.
(44) 4812 6681
FB: laparroquiapotosina

Rincón Huasteco

Cuauhtémoc Av. 232, La Moderna.
(44) 4814 6003
FB: RinconHuastecodeSanLuisPotosi
<http://www.rinconhuasteco.com/>

El Gran Borrego de Oro

Garden Hidalgo 13 C, Aguilares,
Delegación Villa de Pozos.
(44) 4239 1494

El México de Frida

Valentín Gama 646, Jardín, Cuauhtémoc.
(44) 4811 4603
FB: elmexicodefrida

Tacos Joven Las Güeras

Pedro Moreno 740 A, Barrio de Santiago.
(44) 4848 9423

La Gran Vía Restaurant

Venustiano Carranza Av. 560,
Historic Downtown.
(44) 4812 2899
FB: lagranvia.slp

Comida Típica Potosina Las Delicias

Mariano Escobedo 405 B,
Downtown.
(44) 4814 4664
FB: las.delicias.comida.tipica.potosina

Corredor de las Gorditas de Morales

Paseo de los Derechos Humanos Av.
#222, Burócratas del Estado.

Cenaduría Santuario

Calz. de Guadalupe 1000,
El Santuario.
(44) 4815 0671
FB: Cenaduria Santuario

La Piquería Mezcalería

Independencia 1190, Downtown.
FB: lapiqueriamezcaleria





Festivals

- 1 National Chocolate Festival
February
- 2 International Wine Festival in SLP
June
- 3 International Coffee Festival
October
- 4 Traditional Cuisine Festival
November





Ciudades Mexicanas
PATRIMONIO MUNDIAL

San Miguel de Allende

Introduction

The gastronomy of the region, as in the rest of the American territories conquered and colonized by the Spanish, is a mixture of techniques, ingredients, instruments, and traditions, both pre-Hispanic and those brought from the Old World.

As for the pre-Hispanic tradition, it incorporates elements from the Mesoamerican region, being the border between it and Arid America, such as corn, beans, squash, etc., and others from the semi-desert, such as prickly pear, maguey, and some other cacti and roots, to mention a few.

From it also come utensils that to this day are preserved in our kitchens, such as the molcajete and clay artifacts.

In the Spanish cuisine, wheat, rice, and meats such as cow, lamb, horse, etc. are incorporated, as well as other elements brought from some of the different conquering territories, as is the case of sugar cane.

As for the utensils, new techniques are adopted in ceramics, such as majolica, which is made until the present time in our municipality, as in others in the state of Guanajuato. Also they begin to use some of diverse metals, even José Luis I. Curiel Monteagudo, in *Virreyes y virreinas golosos de la Nueva España*, refers to the use of gold and silver in tableware and silverware in the cities of New Spain.

In the region, there is still a special predilection for meat, so there is a production of cattle and goats, as well as poultry and pigs, although these are generally raised for self-consumption.

Hence, in our gastronomy, we find elements such as pulque de tuna and the ceremonial tortilla, both of purely pre-Hispanic origin, or dishes such as cold meat and purslane in green sauce, products of this miscegenation.

Tumbagón

The history of the tumbagón begins in 1542 when Fray Juan de San Miguel and Fray Bernardo de Cossín founded San Miguel de Allende. One of them was of French origin and it was he who left us this delicious and sweet tradition.

The name of the tumbagón comes from the word tumbaga, which means "hand ring", a very brittle and fragile metal band made of gold and copper. Its ring shape represents fidelity, love, and peace. It is a sweet made with wheat paste, sour orange, anise, cinnamon, powdered sugar, and the secret ingredient that makes this sweet a delight to pamper your palate.

Today the tumbagón is prepared by some San Miguel families, such as Mrs. María Sánchez Domínguez, who has received several awards thanks to

her 60 years of experience and whom today maintains this delicious tradition.

Among the locals, there is a legend about this sweet. The legend says that to eat a tumbagón, it must be grabbed with a little finger and bitten in half. This is the part where we all get nervous because they say that if the tumbagón breaks and falls, it means that the person is unfaithful! But don't worry, the people of San Miguel say that it doesn't only mean that you are unfaithful to your partner, but also yourself.

According to the original legend, the powdered sugar that falls when you bite it is the purity that the person has in his or her heart, and symbolizes peace, love, and above all fidelity to God.



Ingredients:

- 3 green ingredients with peel
- 1 pinch of tequesquite
- 2 tablespoons of alcohol for consumption
- 10 egg yolks
- ¼ kg of flour
- 1 egg white
- 250 g lard
- powdered sugar for dusting



Preparations

1. Cook the tomatoes with a little water and tequesquite. Strain and let the water cool.
2. Beat the yolks to the point of the cordon, mix with the flour and wet this with the tequesquite water and the alcohol, until a pure and smooth paste is left.
3. Let it rest for a while and then roll it out very thinly with a rolling pin.
4. Cut some wide strips with a wheelbarrow, make some tubes and stick them with egg whites.
5. Fry them in hot butter and roll them in powdered sugar.
6. Present in a sweet dish.

Fiambre San Miguel de Allende style

It is a festive preparation that combines cold meats with vegetables and fruits. In San Miguel de Allende it is prepared for November 1st, All Saints' Day.



Ingredients:

- 1 chicken cut into pieces, cooked, and fried.
- 1 beef tongue cooked, sliced, and put in vinegar
- 1 pork trotter, cooked, cut in half, and put in vinegar
- 1 head lettuce, well washed and chopped
- Large apples, cut into rounds and unpeeled
- 4 seedless oranges, cut into rounds and unpeeled
- 4 limes, cut into wedges and unpeeled
- 2 bananas, peeled and cut into slices
- 6 guavas were cut into rounds and unpeeled
- 2 medium jicamas, cut into wheels
- 2 large beets, cooked, peeled, and sliced into slices
- 1 jar olives
- 1 cup peeled peanuts
- 1 large avocado, cut into strips



Ingredients for the vinaigrette:

- 1 l olive oil
- 1 l of apple or pineapple vinegar
- salt and pepper to taste

Preparations

1. Make the vinaigrette by mixing the ingredients in a jar and shaking very well.
2. Divide this vinaigrette among all the sliced fruits and vegetables (except the olives and peanuts), which should all be separate. Let macerate for at least one hour.
3. To serve, arrange the lettuce on a round platter, then the different well-drained meats, fruit, and vegetables.
4. Finally, add the olives, decorate with the avocado slices and sprinkle with the peanuts.

Red Prickly Pear Pulque

The beverage is obtained from the fermentation of mead from various types of magueys. The word pulque comes from the Nahuatl word *polihqui*, which means to corrupt, to destroy. It is a drink of pre-Hispanic origin of the ritual character and was reserved for priests or elderly people. Whoever defied this prohibition was subject to different punishments; today this is no

longer the case, and its consumption is widespread in the state of Guanajuato. For this recipe, we use *cardona tuna*, a variety that is common in the harsh climate of the state, because it has too much sugar and begins to ferment as soon as it is cut. This variety of prickly pear is also used to make prickly pear honey, prickly pear cheese, and *colonche*.



Ingredients:

- 1 l of pulque
- 10 red prickly pears



Preparations

1. When the pulque is well fermented, beat the prickly pear cactus and add to the pulque.
2. Strain before serving.

Vitualla

It is a recipe of Spanish heritage adapted to the religious and civil festivities, it is consumed as soup, ingredients of the region. It is a dish present in stew, gorditas, and tostadas.



Ingredientes:

- 1 ½ l of water
- 600 g cooked fresh chickpeas
- 1 peeled garlic clove
- 1 slice of onion
- 1 sprig of cilantro
- 3 tablespoons corn oil
- 1 small onion, chopped
- 1 finely chopped garlic clove
- 4 tablespoons tomato puree
- ¼ cabbage cut into medium pieces
- 2 tomatoes, chopped into medium squares
- 1 tablespoon oregano, crushed
- salt and pepper to taste
- 1 ½ l chicken broth, defatted



Preparations

1. In a pot boil water and add the chickpeas with the garlic, the onion slice, and the cilantro branch, cook until they are tender and the skin starts to burst, remove from the heat and let them cool in the liquid.
2. In another pot heat the oil and sauté the onion and chopped garlic, sauté the puree, add the cabbage and tomatoes, season with the oregano, salt, and pepper, and add the cooked and drained chickpeas and chicken broth.
3. Cook over medium heat for 15 minutes. The consistency can be like for broth or tostadas, you can also add ham, chorizo, or bacon.

Restaurants Guide

Trazo 1810

Hidalgo 8, Downtown.
(41) 5121 3501
www.casa1810.com

Andanza-Casa de Sierra Nevada, A Belmond Hotel

Hospicio 35, Downtown.
(41) 5152 7040
www.belmond.com/casadesierranevada

Bovine

Canal 16, Downtown.
(41) 5121 6787
www.bovinerestaurant.com.mx

Áperi Restaurant

Quebrada 101, Downtown.
(41) 5154 4073
www.doscasas.com.mx

Marsala Cocina con Acentos

Dr. Ignacio Hernández Macías 48,
Downtown.
(41) 5152 0080
www.marsalarestaurante.com

Moxi Restaurant

Aldama 53, Downtown.
(41) 5152 1015
www.hotelmaitilda.com

The Restaurant

Diez de Sollano y Dávalos 16,
Downtown.
(41) 5154 78 62
www.therestaurantsanmiguel.com

Kab'an Cocina de Origen

Dr. Ignacio Hernández Macías 43-B
(41) 5105 4836
www.kabansanmiguel.com

Spice Market- Live Aqua

Calzada de la Presa 85, Downtown.
(41) 5150 2300
www.liveaqua.com

Hank's

Hidalgo 12, Downtown.
(41) 5152 2645
www.hanksmexico.com/san-miguel-de-
allende

Antonia Bistro

San Francisco 57, Downtown.
(41) 5152 7295
www.antoniabistro.com

Restaurante 1826-Rosewood

Nemesio Diez 11, Downtown.
(41) 5152 9700
www.rosewoodhotels.com/en/san-miguel-
de-allende

Zibu Allende-Live Aqua

Calzada de la Presa 85, Downtown.
(41) 5150 2300
www.liveaqua.com

La Garufa

Canal 28, Downtown.
(41) 5154 6555
www.garufa.net

Nómada Cocina de Interpretación

Relox 18, Downtown.
(55) 4084 7701
nomada.cocina.interpretacion@gmail.com





Festivals

- 1 Mexico Bar
June
- 2 Lamb and Mezcal Festival
July
- 3 Saffron, Paella and Wine Festival
July
- 4 Toyán Medieval Harvest
August - September
- 5 Three Roots Harvest
August - September
- 6 San Lucas Harvest
August - September
- 7 Harvest Dos Búhos Vineyard
August - September
- 8 Vendimia San José Lavista
San José Lavista Harvest
- 9 Festival del Mar a Tierra Adentro
October
- 10 Black Dinner
November
- 11 Traditional Cooks Meeting
November





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Tlacotalpan

Introducción

Tlacotalpan's gastronomy presents a wide diversity of products, and its cuisine is recognized as one of the most exquisite in the Sotavento region.

Former Totonaca territory, located in the south of the state of Veracruz, the name of Tlacotalpan means "land between waters". On December 31, 1968, by decree number 81, it was declared a Typical City and in 1998 it received the title of World Cultural Heritage City, the only one in the entire state, where one of its main attractions is culture, art, and gastronomy.

The origin of gastronomy is closely related to the evolution of man, with its civilization process and its way of obtaining food, as it has advanced in its civilization, the human being has always been concerned with making elaborations that not only soothe their appetite, but that were pleasing to the eye, that had a good smell and good presentation.

The gastronomy of Tlacotalpan is based on fresh products from the three rivers of the area, which are: the San Juan, Tesechoacan, and Papaloapan rivers,

which makes it rich and varied; you can find seafood and fish such as snook, crab, jolote, and prawns, among other delicacies. Dairy products play a fundamental role in the local gastronomy since we live in a cattle region and that is why the seasoning and the fusion of products from cattle and fishing forge a gastronomic foundation in the Veracruz cuisine. As well as various dishes that are very old, such as the jolote en acuyo, the piripituche and a delicious and typical dessert of the city, the so-called sopa borracha. Also, the rich tamales called cabecita de perro and the traditional popo frío, made with cocoa and a root called chupipi; without leaving aside the traditional toritos de limón y cacahuate, which are also distinguished for being one of the emblematic drinks of the city and that have their origin in the Spanish and Totonaca gastronomies.

The people who live in the region continue to preserve the roots of the gastronomy of the past, that is why Tlacotalpan along with the diverse culinary customs of the state lead Veracruz to be one of the three suns of Mexican cuisine.

Jolote in acuyo

It is a tasty and traditional Tlacotalpeño dish, based on fish cut in slices, which abounds in the Papaloapan river in a certain season of the year, usually, the preparation of this type of fish is cooked in different ways, but this option is the most common in the city, for its fine protein.

The cooking of this fish is usually in a clay pot, seasoned with acuyo leaves, better known as hoja santa, spices, and garlic to taste, it is served with white

rice and delicious handmade tortillas made with lard, it can also be accompanied with beans from the pot or casamiento (rice with beans).

This product is one of the endemic preparations of the region because of the holly leaf or acuyo, which has been abundant since our pre-Hispanic origins and perfumes and gives texture to any protein in which it is integrated.



Ingredients:

- 500 g of fish fillet "jolote".
- 70 g of lard
- 10 leaves of acuyo or "hoja santa" (holy leaf)
- 2 cloves of garlic
- 3 chilpaya chiles
- onion
- grain salt



Preparations

1. In an earthenware casserole add the fatty product, in which the fish fillet will be cooked.
2. Then add the crushed hoja santa, the garlic cloves, and the chilpaya chiles.
3. Season to taste with salt and pepper; it can be accompanied by white rice and tortillas cooked on the griddle.

Canate with mojo

Typical dish based on a migratory wild bird, this animal is obtained by hunting, which turns out to be very difficult. This dish is only prepared during the season when these birds come down to the region, which is from December to April.

The texture and flavor of this bird are unique and it is always cooked with strong bases of spices or leaves of the region so that in the assembly of fire and iron this protein has juice and its incomparable flavor is enjoyed.



Ingredients:

- 500 g of poultry canate (previously seasoned)
- 1 head of garlic
- 1 onion
- grain salt
- herbs



Preparations

1. Plucking the birds.
2. Place in the fire to roast.
3. Subsequently wash, gut, and boil so that the meat becomes tender.
4. Remove from water to marinate.
5. Fry in oil with plenty of garlic; serve with white rice and salad.

Peanut Torito

This typical drink of Tlacotalpan is one of the most requested by visitors, for its creamy and delicious peanut flavor, the torito has many variations due to the diverse variety of fruits that occur in the area near Tlacotalpan, however, the peanut torito is the favorite of many.

Made from dairy products and seeds or fruits, which together with cane sugar provides a velvety texture, it also incorporates 96 proof alcohol, which gives the drink its character.



Ingredients:

- peanut
- peanut cream
- 1 can of condensed milk
- 250 ml evaporated milk
- 2 tablespoons vanilla
- 250 ml cane liqueur
- ice



Preparations

1. Toast the peanuts in a frying pan for a few minutes.
2. Then blend everything, the evaporated milk, the condensed milk, the peanuts, the vanilla, the peanut butter, and the cane liquor.

El popo

It is a ceremonial drink that is customary to drink in this typical city, the name popo comes from the Nahuatl word popochtli which means "thing that smokes or foams" and refers to the foam that is achieved by whisking the mixture, this foamy consistency is given thanks to the root of the chupipi that keeps it that

way and gives it that characteristic flavor, That is why the popo tlacotalpeño is quite requested by tourists, mainly on Sundays, when they can come to enjoy it in the Plaza Zaragoza accompanied by the family and enjoy the typical gastronomy of the city.



Ingredients:

- cocoa
- chupipi
- cinnamon
- rice
- water
- sugar
- ice



Preparations

1. Place the cocoa in a casserole and place over high heat, stirring constantly to brown it. On the other hand, wash the rice and let it soak in warm water; peel the chupipi, as well as the previously browned cocoa, leaving only the seed.
2. Place in a deep bowl with the previously drained rice and the finely chopped chupipi, add a cinnamon stick in pieces, and mix everything.
3. Take the mixture to a mill or grind it perfectly until obtaining a fine and smooth paste that should be dissolved in a pot with water, when finished dissolving it, strain it with a clean cloth to remove the lumps or shells.
4. Once it is well strained add the sugar and ice, then beat with a wooden grinder until obtaining a dense foam and drink it.

Restaurants Guide

La Rockola

Agustín Lara Plaza.
(28) 8884 2292
FB: La Rokola Rest-Bar

Amor y Café

Zaragoza Plaza.
(29) 7100 4892
FB: AMOR & CAFE

Doña Lala

Venustiano Carranza Avenue Center 11,
Tlacotalpan.
(28) 8884 3080
FB: posadadonalala

El K-fecito

Zaragoza Park.
(22) 9400 4140
FB: elkfe

Los Jarochos

Ribera del Río, Historic Center.
(28) 8690 0929 / (28) 8131 6066

Astor María

Manuel Maria Alegre, Saragossa Park.
(22) 9400 4140
FB: AstorMariaTlacotalpan

Roli's Pizza

Zaragoza Plaza.
(28) 8884 3295
FB: Rolis Pizza

La Pasadita

Boulevard Guillermo Chazaro Lagos.
(28) 8113 7245/ (28) 8884 3132

El Muelle del Pelotero

Boulevard Guillermo Chazaro Lagos.
(28) 8885 6696 / (28) 8102 8448

Las Brisas del Papaloapan II

Boulevard Guillermo Chazaro Lagos.
(28) 8130 2462

Garlic's

Boulevard Guillermo Chazaro Lagos.
(28) 4112 3294 / (22) 91148 484

La Rivera del Papaloapan

Boulevard Guillermo Chazaro Lagos.
(28) 8884 2853

Las Brisas del Papaloapan

Boulevard Guillermo Chazaro Lagos.
(28) 8130 0952

El Pescador

Boulevard Guillermo Chazaro Lagos.
(22) 9527 5434

La Flecha

Boulevard Guillermo Chazaro Lagos.
(28) 8118 5988





Festivals

- 1 Paella Festival
March
- 2 San Miguelito Festival
September 28 - October 2
- 3 Sweets and Bread Festival
December

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Where flowers are cultivated
or sown, or flower beds

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Ciudades Mexicanas
PATRIMONIO MUNDIAL

Xochimilco

Introduction

Food production is a cultural fact whose specific forms are the result of a sum of factors, the main one being what the land offers in terms of climate, relief, hydrography, soil type, etc., and the accumulated knowledge about the development cycle of plants, the animals that are consumed, the techniques of planting, gathering, hunting or fishing, as well as the usefulness of tools and utensils for such purposes and the skill to prepare food.

In 2010, Mexican gastronomy was declared an Intangible Cultural Heritage of Humanity by the UN.

Alcaldía Xochimilco, native town, Nahuatl word composed of three words:

xóchitl — (flower)
milli — (cornfield, sowing, seeding)
co — (locative)

It is made up of 14 towns and 17 native neighborhoods, distributed in its mountain and lake areas. Throughout history, its population has known how to take advantage of the great variety of ecological zones, creating a diverse, complete, varied, rich, and nutritious diet.

We know that, for Mesoamerican peoples, the basis of the diet is the milpa, a production unit

composed of corn, climbing plants such as tomatoes, beans, chili, etc., and creeping plants such as squash, which are mainly grown in the Cerril zone. Combining these products, dishes such as milpa soup, cuatatapa, steamed pumpkins, huauzontles, delicious sauces, etc. are prepared.

In the lake area, there is an agricultural production system known as "chinampa", where a great variety of vegetables and aromatic flowers, some edible, others medicinal, are cultivated.

All these products combined with the local fauna, both from the Cerril and the lake, result in rich and varied gastronomy.

The introduction of products with the arrival of settlers from other continents, such as cattle and materials like iron, far from putting an end to the local food, enriched it, giving rise to new dishes. It is important to mention that ancestral utensils such as the metate and molcajete are still used, as well as clay utensils.

Gastronomy is an important part of our historical memory and the creation of our identity, that of Xochimilco, is a true celebration to which we are all invited.

Pascle with Chiloctli

El pascle es una víscera de res (páncreas), llega a la Nueva España al introducir el ganado vacuno. Por ser una víscera, los europeos no la consumían, entonces los indígenas la comienzan a consumir y de esta manera pasa a formar parte de su alimentación.

En esta alcaldía se consume de manera cotidiana por muchos de sus habitantes. Los habitantes

del pueblo de Santiago Tepalcatlalpan son los que comercian este producto y los que más lo consumen, por lo que son conocidos como "los pascleros". Se puede consumir sólo hervido, acompañado de un pico de gallo (salsa), o bien dorado (frito) con salsa roja (jitomate con chiles de árbol secos).



Ingredients:

- 1 pascle
- river salt
- butter
- tomato
- onion
- avocado
- cilantro
- extra virgin olive oil
- blue corn totopoxtlis (tostadas)



Preparations

1. Cut a cooked pascale into slices.
2. Add river salt to taste and brown the pascale slices in very hot butter.
3. In a bowl, chop the pascale into large cubes, along with tomato, onion, avocado, and cilantro. Add river salt to taste and a drizzle of extra virgin olive oil.
4. Acompañar con totopoxtlis (toasts) de maíz azul.

Tlapique of mojarra

A typical dish of the lake area. Originally prepared with axolotl or frog, nowadays it is prepared with fish, shrimp, gizzards, or poultry giblets.

The Mexica legend of the creation of the Fifth Sun, says that when the Fifth Sun was created, there in Teotihuacan, two suns appeared and although the gods were filled with joy they had great concern, the suns were static, still, they had no movement. One of them gave a lot of light and heat, and the other was opaque because of a rabbit that was thrown at it for having been cowardly. Then they decided to self-sacrifice themselves to form the whole universe and asked Ehecatl, creator of the wind, to make enough wind to give them movement; But one of them, the

god Xolotl, twin brother of Quetzalcoatl, was afraid of dying, so he went down to earth and hid in a maguey tree, mexolotl, then in a bird, guaxolotl, and then in the stone of the molcajete, texolotl, and so, every time Ehecatl found him, he ran and hid until he was in the ground, he ran and hid until he reached the canals of Xochimilco and went to the bottom becoming axolotl and mimicked, but when he needed air he had to come to the surface and Ehecatl found him and told him that only he was missing, to which he replied: "I do not want to die, I am not interested in a new generation, I am not going out". Then Ehecatl told him: "Well, stay there, but from now on you will not mature, you will always be an adolescent, besides, you will be the food of the gods and the new generation of humans".



Ingredients:

- 150 g of sliced onion
- 1 mojarra of 800 g
- 100 g crab in pulp
- 100 grams of shrimp pacotilla
- 100 grams of chopped octopus previously cooked
- 80 grams of chopped nopales
- 4 chiles güeros
- 4 sliced carrots
- 7 olives
- corn husks
- chipotle
- condiments



Previos

1. Marinar la cebolla fileteada con salsa Maggi, salsa inglesa y consomé de pollo.
2. Cocer el pulpo a su término adecuado.
3. Guisar los nopales en salsa de chipotle, cebolla y tomate, condimentado con clavo, pimienta comino, perejil y epazote.
4. Cocer las zanahorias al término adecuado.
5. Marinar la mojarra con salsa Maggi, salsa inglesa y consomé de pollo.

Preparations

1. Spread a bed of previously marinated sliced onion on the corn husks.
2. Place the marinated mojarra on the onion bed.
3. Incorporate the ingredients homogeneously: crab, octopus, nopales, chiles güeros, olives, and carrots.
4. Wrap with the same corn husks, so that the preparation is completely covered.
5. Before putting it in the oven, wrap our tlapique in aluminum foil to prevent it from burning.
6. Bake in a previously heated oven, from 180 degrees to 220 degrees.
7. The cooking is carried by its juices.
8. Serve and present.

Pipián

Its origin dates back to pre-Hispanic times, according to Fray Bernardino de Sahagún, it was one of the favorite dishes of Moctezuma Xocoyotzin.

The main ingredient is pumpkin seed, ancho chile, and pasilla chile, giving it a reddish color. The color can vary depending on the region where it is made, pork or poultry meat can be added.

In towns like Santa Cruz Acapulca, they have the custom or tradition that when there is a deceased person, either during the wake or when returning from the burial, the companions are offered to eat watered soup and pipian with chilacayote and cow tongue (vinaigrettes), no animal meat should be added, since it is believed that if meat is eaten in the nine days following the burial, it is as if the dead person was eaten.



Ingredients:

- 1 kg pork meat
- ¼ kg of chili seeds
- 3 ancho chiles
- ¼ white onion
- 1 clove of garlic
- 1 l of water
- pinch of salt



Preparations

1. Cook the meat with garlic, onion, and salt for 45 minutes over medium heat.
2. Strain the broth.
3. Season the pepitas with the ground ancho chile and the broth.
4. Grind the pepitas with the broth in a blender.
5. To serve, place the meat on a plate and cover it with the pepitas sauce.

*Preferably present the dish with white rice with vegetables.

Huazontles capeados filled with panela cheese

This quelite belongs to the amaranth family and is grown mainly in the towns of San Gregorio Atlapulco and Santiago Tulyehualco.

It is a dish consumed by Xochimilca families daily, either in pancakes or whole (with sticks or stalks),

they can be eaten alone or in tomato broth, or with mole. They are accompanied by rice.

Before their preparation, they are boiled to make their consumption and digestion easier.



Ingredientes:

- huauzontles
- 4 cups of water
- 1 tablespoon of salt
- 400 g panela cheese
- ½ cup flour
- 5 eggs
- ½ l oil
- 7 pasilla chiles, deveined and boiled
- 5 boiled tomatoes
- ¼ onion
- 1 clove garlic
- 2 tablespoons salt
- ½ cup chicken bouillon



Preparations

1. Boil salted water over medium heat, add the huauzontles and boil for 10 minutes.
2. Remove from heat, let cool, and drain.
3. Add the huauzontles sprigs, drain the water completely and add a piece of panela cheese and flour.
4. Beat the egg whites until stiff and add the egg yolks, cover the floured huauzontles with the egg and fry in oil.
5. Drain and remove excess oil with absorbent paper.

Sauce

1. Blend the chiles, garlic, onion, and tomatoes perfectly.
2. Season in a casserole with a spoonful of oil and a piece of onion, add chicken consommé, and let it thicken to taste.
3. Serve and accompany with a plate of beans from the pot.

Restaurant Guide

Parque Ecológico de Xochimilco

Anillo Periferico 1, Col. Cienega Grande, Xochimilco.
(55) 3499 0420
Viernes a domingo de 9:00 a 18:00
cafetería.chantico@yahoo.com.mx
FB: Chantico
TW: ChanticoXochi
IG: chanticoxochimilco

Mariscos Don Toño

Plan Sexenal 24, Col. Tierra Nueva, Xochimilco.
(55) 5489 6169 y (55) 7349 7505
Lunes a jueves de 12:00 a 20:00
Viernes a domingo de 12:00 a 22:00
FB: Mariscos TOÑO
IG: mariscos_tono_res

Mi Fonda Restaurant

Av. México 2052, Col. Tierra Nueva, Xochimilco.
(55) 5204 7261
Lunes a domingo de 9:00 a 18:00
FB: MI FONDA RESTAURANTE

Montenegro Restaurant

Guadalupe I Ramirez Av. 6336, Neighborhood San Marcos, Xochimilco.
Viernes a domingo de 11:00 a 16:00
www.mi-montenegro.com
IG: el_montenegro_mx
FB: montenegrogastrobar

Fonda Carmelita

Galeana 234, Neighborhood Xaltocan, Alcaldía, Xochimilco.
(55) 5489 4177
Lunes a viernes de 8:00 a 16:00
Sábado y domingo de 7:00 a 16:00
Huauzontles todos los lunes.
WA: 55 9104 4644

Meztli Restaurant

Enclosed Morelos 14, Neighborhood San Pedro, Xochimilco.
(55) 7159 6399
(55) 2728 2121
Lunes a viernes de 9:00 a 18:00
Domingo de 10:00 a 17:00
IG: cafemeztli

Rincón de mi Barrio Restaurant

Enclosed Morelos 14, Neighborhood San Pedro, Xochimilco.
(55) 7262 0692
Lunes a domingo de 9:00 a 18:00
FB: Restaurante rincón de mi barrio.
WA: 55 8827 1233

Casa Don Neto Restaurant

Margarita Maza de Juárez 41, Neighborhood San Pedro, Xochimilco.
(55) 5334 9465
Lunes a domingo de 9:00 a 18:00
WA: 55 6426 9846





Festivals

- 1 Joy and Olive Tree Fair
February
- 2 Cuatatapa Fair
Easter
- 3 Enchilada and Corunda Festival
April
- 4 Crystallized Candy Fair
July





Ciudades Mexicanas
PATRIMONIO MUNDIAL

Zacatecas

Introducción

The gastronomy of Zacatecas is wide and varied, it is a cuisine rich in flavors and aromas, based mainly on products such as meats, corn, chili, tomatoes, fruits, and beans. Since 1546, the year in which the city of Zacatecas was founded as a mining city, several mines were created, such as Nuestra Señora de los Remedios de Zacatecas. Due to the characteristics of their work, arduous and long days, besides having to feed themselves inside the mines, the miners used corn, chili, tomato, beans, quelites, guajolotes, enchilado, or sweet atole with bee or vegetable honey as their first food. Due to the exploitation characteristics of the work in the mines, they ate quickly and when the foremen allowed it.

The great majority of its territory has a dry and semi-dry climate, so it was not possible to cultivate a variety of seeds, this motivated the trade with other provinces, to obtain products such as salt, sugar, pigs, rams, cattle, wheat flour, spices, dry fish, lentils, chickpeas, rice, among others.

As part of the Camino Real de Tierra Adentro, Zacatecas became a place of obligatory passage for commerce, with a constant movement of people and products, several inns were established throughout the city, where food was sold with various dishes that had ingredients from the region and Europeans, such as picadillo empanadas, quesadillas, chiles rellenos, pucheros and pipianes; also, drinks such as aguardiente and pulque from the region.

In 1864 the French took the state of Zacatecas, where they stayed for two years and introduced ingredients such as butter, cream, almonds, prunes, wine, coconut, pine nuts, wrapped and covered fruits, sponge cakes, and milk chocolate to the food.

At the beginning of the 20th century, during the Porfiriato, cattle ranching proliferated in Zacatecas, and with it, meat began to be used in cooking, mostly roasted over charcoal or grilled. During the Revolution, gordas began to be made with chili, lard, and stewed beans.

Wedding roast

It is a French-influenced dish that is usually served on special occasions, such as weddings. It is prepared using pork loin cut into small pieces, which is fried

and a special sauce prepared with red ancho chiles is added. The latter must be fried with lard to enhance its exquisite flavor. Other seasonings included are bay leaf, cloves, and pepper. It is usually served with thin slices of raw onion and rice as an accompaniment.



Ingredients:

- oil to taste
- water to taste
- 3 cloves of garlic
- bay leaves to taste
- 1.4 kg of pork massif
- 2 oranges
- 3 tablespoons of sugar

Ingredients for marinade:

- 6 guajillo chiles
- oil to taste
- 2 whole black peppers
- 1 cinnamon stick
- 6 slices of bolillo
- 1 slice of table chocolate
- broth or water to taste
- 1 onion
- 2 cloves
- 3 ancho chiles



Preparations

1. Lightly brown the garlic in a hot pan with a little oil.
2. Add the meat cut into cubes and seal.
3. Add water to cover the meat, and cook covered for about 1 hour.
4. When cooked, add the juice of the oranges and the peel of one of them, sugar, and bay leaves, and cook until reduced.

Marinade

1. Sauté onion in a hot frying pan with oil, when it turns golden brown, add cinnamon, cook until colored, remove from heat and set aside.
2. Fry previously cleaned and deveined dried chiles in the same pan, when they change color add water and let boil to soften, set aside.
3. In another hot skillet with oil, fry bolillo until golden brown, and set aside.
4. Blend pepper, cloves, onion, cinnamon, bolillo, and chiles with the cooking water and a little of the meat broth.
5. Add the marinade over the cooked meat, place the chocolate plank and let it cook until it boils.
6. Serve hot and accompanied by Mexican-style rice.

Gorditas stuffed with stews

The ancient Mexicans left us corn as an inheritance and in Zacatecas, we have been able to take advantage of it very well making one of the most important dishes of our city and our state: the gordita.

This dish comes from a mixture of perfectly nixtamalized corn. The gorditas, stuffed with stews and cooked on a comal, more than fill the stomach, they fill the soul with a strong embrace of flavor.



Ingredients:

- corn kernels
- salt
- water
- stews of your choice (yesca, discada, asado, beans with cheese, rajas, etc.)



Preparations

1. Nixtamalization (boil water with corn and add lime for 50 to 90 minutes depending on the quantity).
2. Strain the grains, then strain them with cold water.
3. Grind in a metate or mill until a dough with a fine and moldable consistency is obtained.
4. Cook and put the dough on the fire.
5. Make an opening in the center to later add the stew of your preference.

Corn pie

The clearest example of the mestizaje is the two cultures. Also known as torta de jojoto, pastel de choclo tierno, or pastel de elote, it is a dessert (corn pie), which brings together the best of the made from corn kernels.



Ingredients:

- 6 cups of Mexican white corn
- 5 eggs
- ¼ cup evaporated milk
- 180 g butter
- ½ cup flour
- 1 cup sugar
- 1 tablespoon baking powder
- 1 tablespoon salt



Preparations

1. Blend the corn with a little milk in parts.
2. Beat butter for 6 minutes and then add sugar and continue beating for 5 minutes.
3. Separate the egg whites from the yolks and add the yolks to the mixture, add the corn mixture.
4. Sift baking powder, salt, and flour and add to the mixture.
5. Whisk the egg whites and add them to the mixture (whisk in an enveloping way).
6. Grease the mold and add the mixture.
7. Preheat the oven to 350 degrees.
8. Put the bread in and wait 45 minutes.

Milk sweets

With a soft and velvety texture, this is a dessert made of sugar and milk, a combination that results in a unique experience full of sensations on the palate. You cannot leave Zacatecas without enjoying this typical delicacy.



Ingredients:

- fresh milk
- sugar
- cream
- vanilla



Some milk candies are elaborated with:

- shredded coconut
- walnut
- maria cookies

Preparations

1. Boil milk.
2. Mix sugar and cream with the milk.
3. Beat to a creamy consistency.
4. Add vanilla to taste.
5. Remove the mixture, and let it cool.
6. Mold by hand.

Restaurants Guide

Acrópolis Café-Restaurante

Hidalgo Av. Corner Candelario Ruiz,
Zacatecas, Zacatecas.
(49) 2922 1284

Los Dorados de Villa

Plazuela de García 314.
(49) 2922 5722

La Leyenda

Second of Matamoros 216,
Downtown.
(49) 2922 3853

Gorditas Doña Julia

Av. Hidalgo 403 & Tacuba 112
(49) 2923 7955

El Paraíso

Hidalgo Av. at the corner of Plaza Goitia.
(49) 2922 6164

Lucky Luciano Restaurant

762 Genaro Codina Street
(49) 2147 1430

La Cantera Musical

Tacuba 2
(49) 2922 8828

La Cofradía Restaurant

Plazuela Miguel Auza 308,
Historic Center, Zacatecas.
(49) 2922 1241

Santino Pizza Centro

Dr. Ignacio Hierro 401,
Zacatecas, Historic Center.
(49) 2201 9563

Cocina & Churrería Nacional

Genaro Codina 609,
Zacatecas, Historic Center.
(49) 2688 1593

Tacos Envenenados

Av. Rayón 205-201

Saluti Carnevino

Tacuba Local T-1, Historic Center,
Zacatecas, Mexico.
(49) 2925 1221
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saluticarnevino.com





EL CRISOL
RESTAURANT

Festivals

- 1 Taco Festival
- 2 Gordita Festival
- 3 Carnita Asada Festival
- 4 Tamal Festival
- 5 Wedding Roast Festival
- 6 Mezcal Festival

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Restaurant "Los Danzantes"

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"Chantico" Restaurant
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Traditional Mexican cuisine is a complete cultural model that includes agricultural activities, ritual practices, ancient know-how, culinary techniques, and ancestral community customs and modes of behavior. This has become possible thanks to the community's participation in the entire traditional food chain: from planting and harvesting crops to culinary preparation and tasting of delicacies.

