

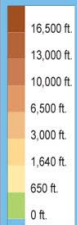
*Mexico*



# Learning Objectives

- Explain the historical and traditional influences of the cuisine of northern, central and southern Mexico.
- Explain the culinary influences that Spain and other countries brought to Mexican cuisine.
- Explain the history and culinary significance that corn has played in the evolution of Mexican cuisine.
- Explain the identification, cooking and uses of fresh and dried chilies.
- Execute your daily production within the class time frame.





**MEXICO**

0 100 200 300 miles

© ACADEMIA MAPS, GEOATLAS®  
COPYRIGHT 2012. ALL RIGHTS RESERVED.

PACIFIC OCEAN

GULF OF MEXICO

EL SALVADOR

HONDURAS

BELIZE

BELOMAN

QUINTANA ROO

YUCATAN

MERIDA

TAMPICO

MATAMOROS

REYNOSA

MONTERREY

SAN LUIS POTOSI

GUADALAJARA

MEXICO

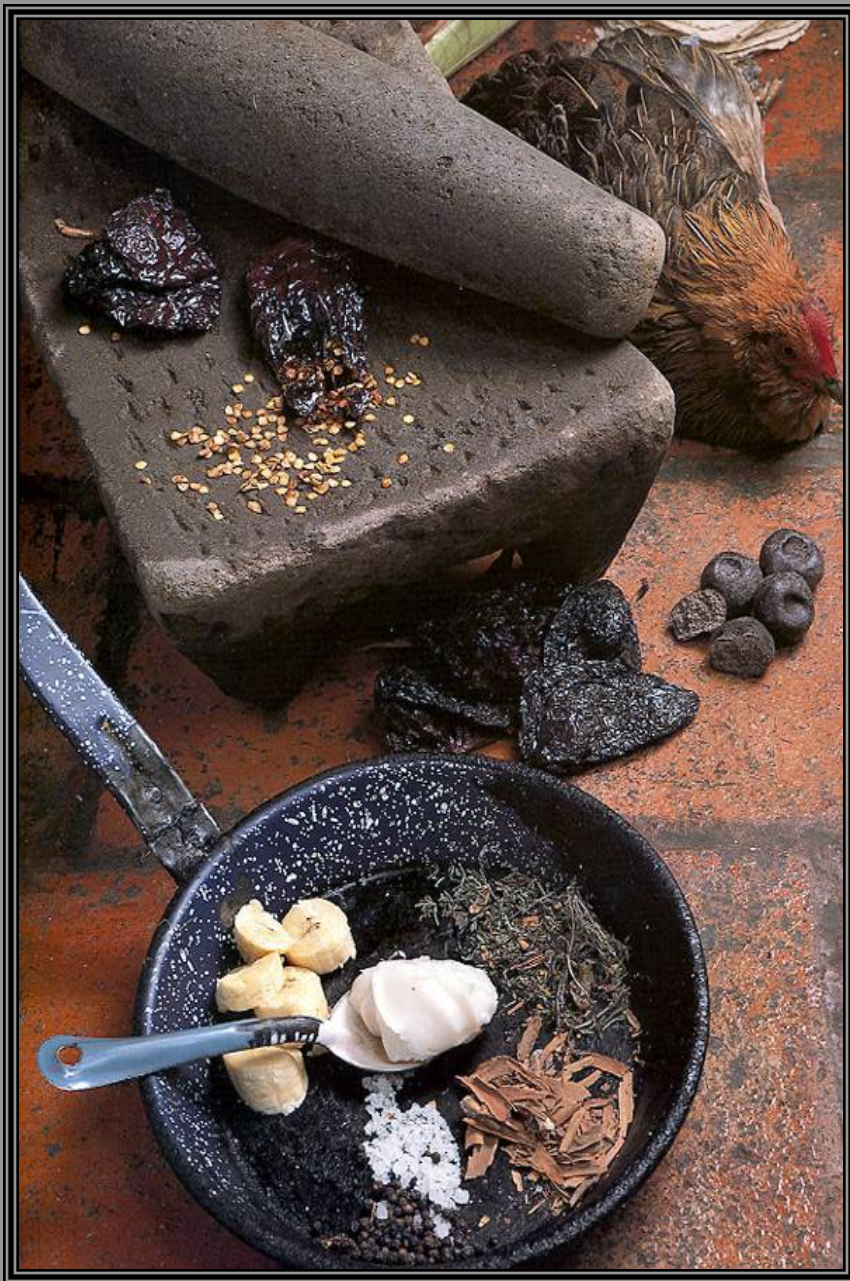
MEXICO



# Pre-Columbian Mesoamerica







## Flavor profiles:

*Complexity through  
roasting, toasting*

- *Fruits*
- *Chiles*
- *Spices*
- *Onions*
- *Garlic*



*Pan-roasting vegetables  
the Mexican way*





# Teosinte and Corn



Teosinte



Modern Corn

# Evolution of Teosinte to Corn and its Processing into Masa

Teosinte: a wild grass.  
Precursor to modern day corn

Selective breeding leads to more productive and domesticated corn.

Fresh Corn

Dried Field Corn

Nixtamal: Corn cooked in water with ashes, lime or cal to soften the outside (pericarp). Releases niacin, adds calcium. Makes it more digestible.

Ground into cornmeal, grits or polenta.

1. Nixtamal covered with water and cooked all the way through. Called pozole or hominy.

2. Ground into a fine moist dough (masa). Used for many preparations.

3. Ground into a coarse moist dough (masa). Used for tamales.

4. Masa can be used fresh. Or dried into instant masa. Called masa harina.



Lime or Cal





# Before and after Nixtamal





# Metate



Masa ground on a metate





# Comal



*Tortillas on a  
Metal Comal*



*Tortilla Vendor*





# Uses for Masa



Quesadillas

Tacos

Tamales



And especially antojitos!





*Gorditas*





# Sopes



# Sopes with Fillings







*Memelas*

*Panucho*

*Empanada*



# Flautas







*Enchiladas Verdes*

*Pan de Cazón*



# Molcajete - Mortar and Pestle

