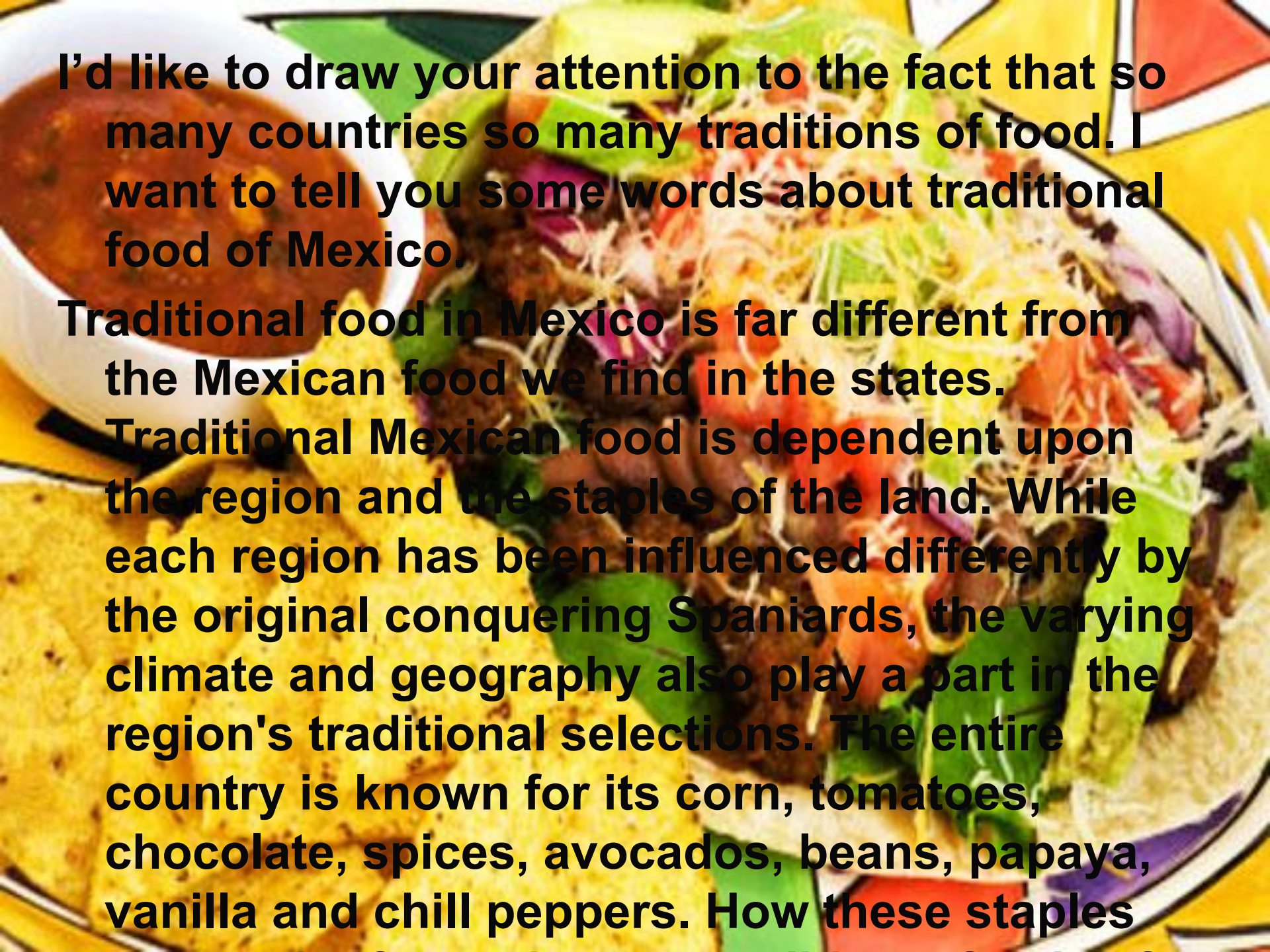


# Traditional food in Mexico







**I'd like to draw your attention to the fact that so many countries so many traditions of food. I want to tell you some words about traditional food of Mexico.**

**Traditional food in Mexico is far different from the Mexican food we find in the states. Traditional Mexican food is dependent upon the region and the staples of the land. While each region has been influenced differently by the original conquering Spaniards, the varying climate and geography also play a part in the region's traditional selections. The entire country is known for its corn, tomatoes, chocolate, spices, avocados, beans, papaya, vanilla and chill peppers. How these staples**





# Maize

One of the most commonly used staples of all of Mexico is maize, the corn staple of the land. It is used for tortillas, enchiladas, quesadillas and tacos. The fillings of these specialties are specific to the region. Northern Mexico is greatly known for its meat products, specifically beef, ostrich and goat. The maize specialties are filled with these meats and served with tomatoes and spices. In the Veracruzana areas bordering the Gulf of Mexico, fish is more common and is used as a primary dish, even when filling quesadillas and tacos.





# Tomatoes

Tomatoes are used throughout Mexico.

Salsa is a commonly used condiment that is made with a combination of uncooked tomatoes, onions and chile. It is served with maize, chicken, turkey and other dishes to enhance flavor and, at times, to provide a fiery spark to the dish. The tomatoes used to provide this sauce are always grown in the region and can be green or red





# Chocolate

The origins of chocolate are quite different in Mexico. Aztec cuisine introduced chocolate to the area as a drink rather than a food source. A traditional use for chocolate in the Pueblo area of Mexico is mole sauce. This sauce is a smooth, thick and sweet sauce made with chocolate, herbs and spices. This sauce is poured over turkey and chicken.



# Avocado

Avocado is a source that is used frequently in all parts of Mexico. You will see avocado used in guacamole, which is a dip made with mashed avocado, onions, coriander and chilies. Avocado is also used in soups and salad dishes that usually include chicken







# Beans

Beans are an important staple in the Mexican culture. Beans grow well in all regions of Mexico and are enhanced by the regional flavors and spices that favor the land. One of the most popular Mexican dishes is beans and rice, or frijoles y arroz. The dish is flavored with the local spices and usually includes a hot pepper or side of salsa and complements the fish or meat of the land. The beans can be red, black, yellow or purple, and dishes can range from mild to fiery hot .

In conclusion I'd like to say that mexican food are very tasty