



Mexico



Photo from <http://cdn.norecipes.com/wp-content/uploads/2009/07/carne-asada-4.jpg>

Meals:

- **Breakfast:** or *desayuno* is a small to medium sized meal. Common breakfast items in Mexico include beans, eggs, and a form of meat. Tortillas, fruit, and coffee are also staples in the Mexican breakfast.
- **Brunch:** or *almuerzo* is a heavier meal eaten between 10am and noon. This mid-morning meal consists of an egg or meat dish, or a dish with a spicy sauce and tortillas.
- **Lunch:** or *comida* is the main meal of the day and is eaten between 2 and 4 p.m. *Comida* commonly consists of multiple courses, beginning with a soup or salad, followed by a main dish, and finished by some kind of dessert.
- **Dinner:** or *cena* is the final meal of the day and is usually pretty light. Hot drinks paired with bread are very common for *cena*, but some will venture out to food trucks for something more substantial.
- **Snacks:** or *botanas* are small snacks that are consumed throughout the day and include a small portion of protein, a specialty drink, or a small, tortilla-based dish.

Frequently Used Foods:

- **Fruits and Vegetables:** mango, guava, orange, plantain, green chile, red chile, apple, onion, corn, tomato, avocado, squash, sweet potato, pineapple, papaya, tomatillo, garlic, lime
- **Protein:** Beef, Chicken, Pork, Shrimp, eggs, peanuts, beans, trout

- **Spices:** cilantro, oregano, cumin, chili powder, basil, saffron, cinnamon, coriander, clove, parsley, pepper, mint, nutmeg, sage, thyme
- **Oils/Misc.:** lard, vegetable oil, chocolate, cheese, rice, cream, milk

Ten Regional Favorite Dishes With Links to Interesting Recipes:

- **Tamales:** [[recipe](#)] [[images](#)]
- **Chicken Tortilla Soup:** [[recipe](#)] [[images](#)]
- **Guacamole:** [[recipe](#)] [[images](#)]
- **Chile Verde Con Carne:** [[recipe](#)] [[images](#)]
- **Carne Asada:** [[recipe](#)] [[images](#)]
- **Frijoles Refritos:** [[recipe](#)] [[images](#)]
- **Enchiladas Verdes:** [[recipe](#)] [[images](#)]
- **Ceviche:** [[recipe](#)] [[images](#)]
- **Sopapillas:** [[recipe](#)] [[images](#)]
- **Cod Veracruz:** [[recipe](#)] [[images](#)]

Religion: Almost 83% of all Mexicans identify as Catholics, and almost 93% of the population is Christian.

National Holidays and Dietary Requirements:

- ***Dia de la Constitucion*** commemorates the proclamation of both the 1857 and 1917 constitutions. Constitution Day is celebrated on the first Monday of February and is highlighted by concerts, festivals, and gift exchange. [more info](#)
- ***Dia del Trabajo***, or labor day, celebrates workers' rights and is observed annually on May 1st.
- ***Dia de la Independencia***, or Independence Day, is an important National Holiday celebrated annually on September 15th and 16th. Music concerts, fireworks, and a litany of parades emphasize this holiday. Outdoor cooking and family gatherings are also customary.

- ***Dia de la Revolucion***, The Day of Revolution, is celebrated annually on November 20th and signifies the 1910 anniversary of the movement that started the Mexican Revolution. Parades and civic ceremonies are part of the festivities of Revolution Day.
- ***Navidad***, or Christmas, is an incredibly important national and religious holiday in Mexico.

Etiquette: Forks, knives, and spoons are all common in Mexico. While eating, the knife is left in the right hand and the fork is kept in the left, while spoons are reserved for desserts, soups, and some breakfasts.

While not holding utensils, hands should be kept above the table, not on your lap.

In Mexico, all dishes are passed to the left.

It is customary to arrive about 30 minutes late to dinner parties in Mexico. Arriving on time is considered inappropriate.

[more information on Mexican Etiquette](#)

Food history: “Today, although Mexican dishes are still deeply steeped in their ancient roots, modern cooking styles have allowed for all kinds of evolutions. American influences mean that you can find American-style flour burritos with fusion fillings just as easily as you can a steamed blue corn tamale. Upscale restaurants offer current trendy fare like pumpkin empanadas or cream cheese-stuffed rellenos. Don't be fooled, though. No matter how much the food of the Mexicans evolves into the future, it still all has its origins in the simple, bountiful food of their Aztec ancestors.”

- Elizabeth Kelly

For a complete food history, click [here](#)

Additional Information and Acknowledgements:

<http://www.kwintessential.co.uk/resources/global-etiquette/mexico-country-profile.html>

<http://www.chewonthatblog.com/2011/05/11/10-fruit-and-vegetable-staples-of-mexican-cuisine/>

<http://www.mexinsider.com/mexican-meat.html>