

A silhouette of a saguaro cactus stands against a vibrant sunset sky. The sky is filled with warm, golden-orange and red hues, with soft clouds catching the light. The cactus is the central focus, its arms reaching upwards. In the foreground, the dark silhouettes of other desert plants and a fence are visible, adding depth to the scene.

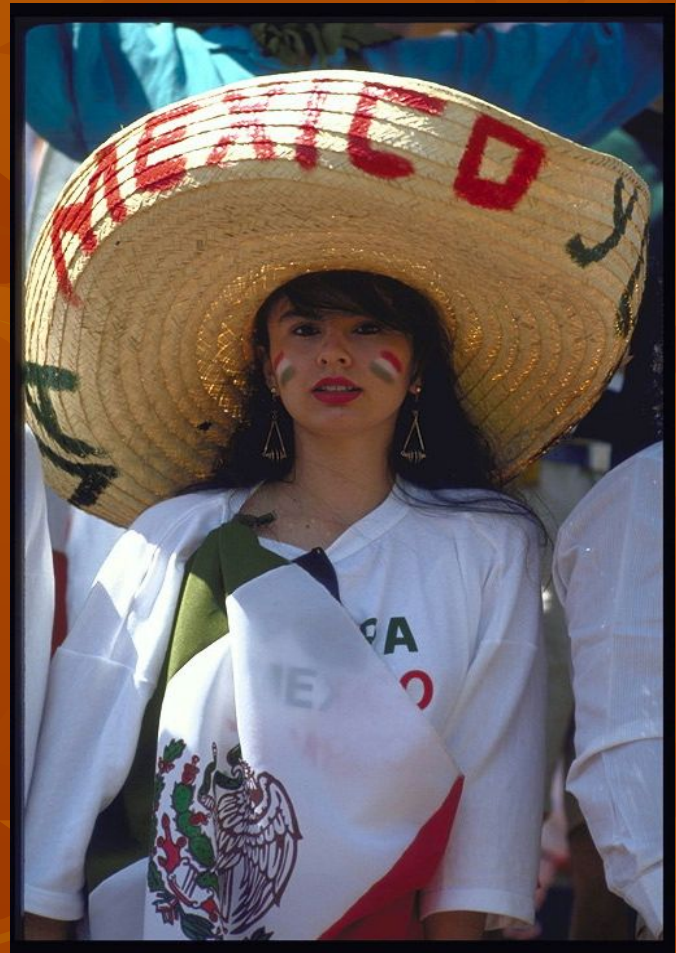
*National cuisine of  
Mexico*

# *History of origin*

Mexican cuisine is a style of food which is primarily a fusion of indigenous Central America cooking with European, especially Spanish, cooking developed after the Spanish conquest of the Aztec Empire. The basic staples remain the native corn, beans and chili peppers but the Spanish introduced a large number of other foods, the most important of which were meat from domesticated animals (beef, pork, chicken, goat and sheep), dairy products (especially cheese) and various herbs and spices.

# *Home cooking*

In most of Mexico, much of food, especially in rural areas, is still consumed in the home with the most traditional Mexican cooking still done domestically, based on local ingredients. Cooking for family is considered to be women's work, including cooking for celebrations. Traditionally girls have been considered ready to marry when they can cook, and cooking is considered a main talent for housewives.



# *Meal of the day*



- The main meal of the day in Mexico is the “comida” (literally “meal”) which is eaten between 2 and 5pm. It begins with soup, often chicken broth with pasta or a “dry soup” which is pasta or rice flavored with onions, garlic and/or vegetables. The main course is a meat served in a cooked sauce with salsa on the side, accompanied with beans and tortillas and often with a fruit drink. In the evening, it is common to eat leftovers from the comida or sweet bread accompanied by coffee or chocolate. Breakfast is generally heartier than in other countries and can consist of leftovers, meat in broth (such as pancita), tacos, enchiladas or meat with eggs. This is usually served with beans, white bread and/or tortillas and coffee and/or juice

# *The most popular dishes in Mexico*

1. Taco - large-cornpone tortilla wrapped around a filling of beef, pork, beans, shellfish, chopped lettuce, grated cheese with salsa or sour cream.



2. Guacamole - sauce, mashed ripe avocado. This Mexican spice also contains a lot of onion, lemon, tomatoes and finely chopped garlic.





3. Friholes - a traditional Mexican dish made from red beans, served as a main course or side dish. Friholes for cooking beans boiled and fried.



4. Tequila – Mexican version of a cocktail "Margarita". Is a strong alcoholic drink, which is obtained by distilling the juice of agave. Tequila drink in cocktails or other drinks, eating a slice of lemon or lime juice, drink from a glass with a rim of salt.

*Mexican cuisine was added by*  
*UNESCO*

