



FOOD IN MEXICO

The staple foods of Mexico are corn, beans, avocados, tomatoes and rice. Chilli peppers are also a basic ingredient for many Mexican dishes, and tortillas (a flatbread made from corn) are eaten with almost every meal. Mexicans tend to have large breakfasts (called *almuerzo*), typically between 9am-12pm, which might consist of tacos, enchiladas, or meat with eggs. This is served with beans and tortillas, and coffee or juice. The main meal of the day (*comida*) is eaten between 2-4pm, and may consist of several courses, including soup, a main dish and a dessert. The final meal of the day (*cena*) is light; it may just be a hot drink and some bread between 7-9pm.



Enchiladas (tortillas wrapped around meat and baked in a tangy tomato sauce).



Above:
Calaveras
de Azucar



Below:
Rosca de
Reyes

Special foods are made for festivals and celebrations. Popular dishes include:

Chiles en nogada - a stuffed green pepper served with a white walnut sauce and red pomegranate seeds. It is especially popular on Independence Day as the dish represents the colours of the flag.

Calaveras de Azucar - sweet treats made from sugar and formed into the shape of a skull. They are eaten during the Day of the Dead festival.

Rosca de Reyes - this is a cake decorated with candied fruits, and traditionally eaten on 6th January during the Christmas season.

Street food is very popular in Mexico. It is called 'antojitos' in Spanish, which literally means 'little cravings'. These foods stalls are seen as a place to get a tasty snack to eat. A wide variety of Mexican food can be found here, including fajitas, burritos, and nachos.

A popular drink in Mexico is atole, which is made from cornflour, water, sugar, cinnamon and vanilla, and served hot. Many people drink it for breakfast. Champurrado is a chocolate-based version of atole.



Busy street stall selling
food in Mexico City

