

MEXICO FOOD

Brief and Interesting

- Mexican food is well known for its exotic flavors and the use of strong spices.
- Generally, Mexican food follows tips and instructions from Aztec recipes, which have been handed down.
- I'm sure you know about salsa, the delicious spicy sauce eaten with tacos. Well, it beats tomato ketchup, to be the most eaten condiment in the United States.
- [Traditional Mexican recipes](#) use a lot of tomato, maize, beans, cheese, salsa, chillies, onions, and various other spices.
- Mexican food is fast becoming a mainstream cuisine, and there are numerous Mexican themed restaurants all over the world, trying to recreate the magic of this delicious cuisine.
- If you have a weak pallet, then avoid eating authentic Mexican food, as it is too spicy for the average American, who isn't used to it.
- Most Mexicans use all parts of a cow, that is its, tongue, stomach, uterus, udder, and even the testicles in preparing food.
- Stews, tortillas, frijoles, guacamole, chillies (the bigger the better), enchiladas, nachos, tacos, etc. are among the most popular Mexican food items.
- The peculiar characteristic of Mexican desserts, is that they combine the hot and cold elements. For instance, buñuelos, calabaza dulce are hot desserts, while flan, and margarita cakes, are eaten after cooling

The deep connection between the heritage and culture of a place and its food is undeniably one that lends some credence to the saying 'What you eat is who you are'. For us laymen to deduce a country's identity by studying what their culinary habits are seems a little far fetched, but believe it or not, there are plenty of experts and analysts who have dedicated their lives to studying this correlation. [Mexican food](#) culture stems from a long and varied history and throws a lot of light on some of the turbulent times this culture has had to face.

Mexican food and culture has had a long standing symbiotic relationship of sorts that adds tremendous personality to the study of this fascinating race. The study of [Mexican history](#) and Mexican food culture goes hand in hand, and it would be a fairly tough endeavor to carry out one without the other. The origins of Mexican cuisine can be traced back to the Mayan civilization, who firmly believed that the richness of food can enrich the spirit and body of a person through various sensory perceptions like taste, smell and touch.

Traditional meals of Mexican food culture include a wide use of chocolates, peanuts, tomatoes, beans and vanilla. Combining this with the specialty [cuisines](#) of European conquerors (namely the Spanish) including [wine](#), cheese, pork, beef and lamb, Mexicans have created a food culture that combines the elegance of folklore and the pragmatism of modernity. It is widely believed that Mexican food is extremely spicy, but this is true only to a certain extent.

Mexican Food Culture of Mayans

Southeast Mexico was inhabited by the Mayan Indians many years ago, and their basic eating habits were based on the fact that they were primarily nomadic hunters by nature. As a result, they lived off the land and regularly consumed animals that roamed those lands in that time. [Mexican culture](#) food at the time was simply comprised of the meat of rabbits, deer, raccoons and armadillos. Birds were considered a delicacy and pigeons, turkeys and quail were regularly devoured. Sometimes even frogs, snakes and turtles would not be spared.

These meat delicacies were perfectly complemented by land grown vegetables like tropical fruits, beans and corn. Corn was a basic supplement with pretty much every meal, as it was widely grown in all of the settlements of the Mayans, thus, becoming an integral part of the [Mayan culture](#). Mexican food and culture of this time aimed at complete nutrition and nourishment of the body by providing it with all the necessary minerals and amino acids.

Mexican Food Culture of Pre-Columbian Period

The immediate period before European conquest of the land was known as the pre-Columbian era in the history of [Mexico](#). The diet at this time was also significantly influenced by entirely native ingredients. Corn was again considered the staple diet of Mexicans, and formed a part of all their meals in some manner. Along with corn, mushrooms also saw a surge in their popularity in the diet of Mexicans at the time.

Meat products were always consumed with great vigor, and formed an integral part of Mexican culture food and [Mexican food history](#). The emergence of 'chilly' was a prominent event in the culinary preferences of Mexicans in the pre-Columbian era. But then the Spanish conquistadors came along and changed everything.

Mexican Food Culture After the Conquest

The Spanish contingent arrived in Mexico in 1521 and altered the culture of food in the area completely. They brought with them the huge force of livestock which changed the composition of meat in the Mexican culture food completely. Along with these new sources of meat the Spanish also introduced various spices, garlic, rice, wheat, barley and wine to the Mexican culture. However, many experts have suggested that the influence of [Spanish food](#) may not have been as profound on Mexican food culture as has been assumed. This stems primarily from the huge differences between the personalities, attitudes and environment of the two cultures.

Mexican Food Culture of Present Day

The long line of evolution of Mexican food culture has culminated in a very diverse range of foods being served in contemporary Mexican culture today. Combining the traditional and native ingredients, with the more modern ingredients of Europeans, Mexican culture food has found a unique character to it that cannot be replicated anywhere else in the world. There are minor discrepancies in tastes and preferences that do occur from region to region, but this is something that is perfectly understandable, and it happens in almost all countries across the world.

The [history of Mexican cuisine](#) is as varied and rich as the history of the land itself. There are so many delicious and lip-smacking finger-licking [Mexican food recipes](#) cooked all across the country, that to place them all in a single compilation would be a tough task. The constantly changing times and influences on the culture have led to many revolutions in the cuisine as well, and all this has lent a personality to the Mexican food culture that is truly unique in nature.