

Nombre: _____



La comida de México

Despite wide scale European influence, many of the foods of ancient Mesoamerica are still consumed today. Mexican cuisine is a unique combination of pre-Hispanic and European traditions. Additionally, the geographical area consisting of Mexico and Central America is considered to be one of the richest in the world in terms of flora and fauna. By some estimates, Mexico possesses about ten percent of all the plant species in the world, and many of these species are endemic. This fact translates to an array of culinary delights using exotics fruits and vegetables found nowhere else in the world. From chocolate to vanilla, to spicy chiles, Mexico has a reputation for exotic and delicious foods.

The staple of all Mexican food is corn, which was considered sacred by such pre-Hispanic peoples as the Maya and Aztecs. Ground corn is used to make tortillas, soft flattened corn dough that is warmed over a comal (griddle) and used to scoop up foods. The tortilla also forms the basis for a variety of dishes, including tacos and quesadillas, which are essentially tortillas of different shapes and sizes stuffed with meats, vegetables, and different cheeses.

Spicy chiles are also a key ingredient in Mexican cooking, with ground chile powder being sprinkled over anything from corn cobs to mango slices. There are over 30 chile varieties used in Mexican cuisine, from serranos, to mulattos, to chile ancho. Each chile has a unique flavor and different level of spiciness. The famous Mexican dish Mole uses over four different kinds of chiles, as well as cacao (chocolate) to flavor this sweet and highly spiced sauce.

1. ¿Qué es un comal?

2. Haz una lista de 5 comidas raras de México:

a.

b.

c.

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d.

e.