

## UNIT - 4

### International Cuisine & Bakery-Confectionery

### Topic3: Mexican Cuisine

Objective : To plan various dishes prepared in Mexican Cuisine

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## POINTS TO COVER

- HISTORY
- GEOGRAPHY
- SPECIAL INGREDIENTS
- SPECIAL EQUIPMENT
- SPECIAL DISHES

The logo of Galgotias University is a stylized 'G' composed of three curved, overlapping bands in yellow, blue, and red. Below the logo, the text 'GALGOTIAS UNIVERSITY' is written in a large, light grey, serif font.

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## HISTORICAL BACKGROUND

- Birthplace of the Aztec and Mayan civilization.
- Mayan food : use of game animals and insects.
- Aztec food : use of traditional methods of cooking over fire.
- The art of making cheese, sour cream and breads.
- Has traces of Spanish, Portuguese, French, South American and Caribbean.

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## GEOGRAPHICAL LOCATION

- Neighbouring countries and influence.
- Sea food predominance due to the Pacific ocean.
- The tropic of Cancer divides Mexico causing climatic changes.
- Sufficient rainfall.
- Climate conducive to grow fruits and vegetables.

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Mexico is a country located in North America with a North Pacific Ocean, Gulf of Mexico, and Caribbean Sea coastline. Neighboring countries include Belize, United States, and Guatemala. Mexico is crossed by two mountain ranges known as Sierra Madre Oriental and Sierra Madre Occidental, which are the extension of the Rocky Mountains from northern North America.

## Historical Background

The Mexican history can be divided into:

- Pre-Hispanic period
- Aztec cuisine
- Post-conquest

## Food and society

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

The main meal of the day in Mexico is the "comida", meaning 'meal' in Spanish. This refers to dinner or supper. It begins with soup, often chicken broth with pasta or a "dry soup", which is pasta or rice flavored with onions, garlic or vegetables. The main course is 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 or tortillas, and coffee or juice.

## Staple Diet:

Mexican cuisine is created mostly with ingredients native to Mexico, as well as those brought over by the Spanish conquistadors, with some new influences. In addition to staples, such as corn and chile peppers, native ingredients include tomatoes, squashes, avocados, cocoa and vanilla, edible flowers, vegetables like huauzontle and papaloquelite, or small criollo avocados, whose skin is edible.

European contributions include pork, chicken, beef, cheese, herbs and spices, as well as some fruits. Tropical fruits such as guava, prickly pear, sapote, mangoes, bananas, pineapple and cherimoya (custard apple) are popular, especially in the center and south of the country. It has been debated how much Mexican food is still indigenous and how much is European. However, the basis of the diet is still corn and beans, with chile pepper as a seasoning, as they are complementary foods.

## Mexican cooking Equipments

### **Cazuelas** ( Mexican Pottery Dishes)

These large clay dishes are ideal for simmering mole and other sauces because the clay heats the contents evenly, eliminating burnt spots. Cazuelas are shallow, usually 5-7 inches deep and rounded like a bowl. They often have handles for easier handling over open fire. The outsides are sometimes painted with bright beautiful colors. The inside is glazed and the clay imparts a wonderful flavor to the dish.

#### **1. Barro or Olla** (Mexican Pottery Pots)

Barro literally means "mud" but generally means "clay," and olla means "pot." Ollas are large, deep clay pots perfect for simmering beans, stews and soups. The clay heats evenly and is perfect for all-day cooking over a direct flame. The clay can be fragile and sensitive to quick temperature changes. Cooking in the clay pots imparts an earthy flavor to the dish.

### **Comal Griddle**

A large round griddle usually made of clay, aluminum or cast iron but the more modern ones usually have a non-stick finish.

They are used to warm tortillas, and roast chiles and vegetables. They can range in size from a large dinner plate to



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## **Metatey Mano Hand Grinder**

A large tool usually made of stone or lava rock. It consists of a large stone surface, slightly concave, sitting on 3 short legs. It is usually about the size of a large, rectangular platter. There is a large cylinder of stone that is rolled on the surface to grind or mix the items placed on it. Sometimes the legs are longer, allowing the user to sit in front of it.

## **Molcajetey Tejolote Mortar and Pestle**

A small wood, stone or clay bowl with an elongated cylinder of the same material that is rounded on each end. A small amount of spices or food is placed in the bowl and the end of the cylinder is used to smash the item against the sides of the bowl in a circular motion to pulverize it.

## **Molinillo Wooden Whisk or Stirrer**

A cylinder of wood that is spun between the hands in a cup of hot chocolate to produce a foam on the top. They can be simple or highly decorated. To view or purchase a molinillo go [here](#).

## **Tortillero Tortilla Press**

Originally made from wood, they are also made of cast iron. It consists of two large round plates or blocks of wood that you place a ball of masa and press together to form a tortilla. You may run across aluminum versions but they tend to break.

## Popular Mexican Dishes:

### **Antojitos**

Street food in Mexico, called antojitos (literally "little cravings"), is prepared by street vendors and at small traditional markets in Mexico. Most of them include corn as an ingredient.

Aguachile, Bolillos (salty bread), Burrito, Camote (Mexican sweet potato), Caviar de Carpa, Gorditas, Gringas, Cemitas sandwiches, Chalupa, Chapulines and escamoles, Charales, small fish, basically a type of smelt, Chicharrón, Chilaquiles, Chiltomate, Chimichangas (Tex-Mex mostly), Choriquesom, Chorizo, Churipo, Coachala, Ceviche, Cochinita pibil, Cocido, Cóctel de camarón and other seafood cocktails

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The most common varieties of chillies used in the Mexican cuisine are:

## JALAPEÑO

The most commonly known chile outside of Mexico, spicy jalapeños are typically about two or three inches in length and have a bright green, grassy flavor. They are named after Xalapa, Veracruz, the region of Mexico where they were originally cultivated. When jalapeños are smoke-dried, they are known as chipotles, but they are also delicious raw, roasted, or pickled.

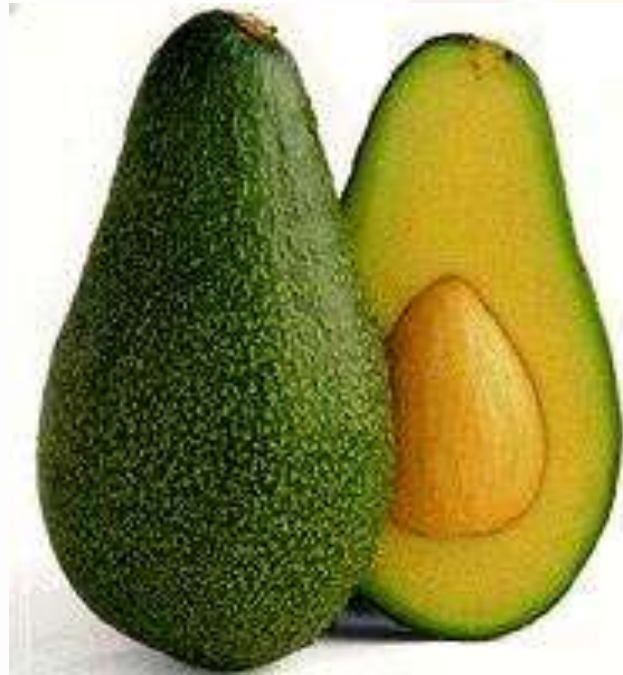
## HABANERO

These plump, roundish little chiles are some of the hottest in the world, but they also offer notes of tropical fruit and herbs. Most habaneros start out light green and later ripen to yellow and then to deep orange. There are some rarer varieties that ripen to dark purple or even chocolate brown, but the flavor is not markedly different. Habaneros are very common in the Yucatán, where they frequently season table salsas.

## GUAJILLO

Like anchos, dried, bright-red guajillos are one of the most common chillies in Mexican cooking. The guajillos have a berry-like flavor with very faint sweetness. Because of their mild heat and large size (four to six inches), guajillos are often used to bulk up the base of a salsa and carry the flavor of other, more assertive chiles. Guajillo-based salsas are great for things like enchiladas and chilaquiles.

## SPECIAL INGREDIENTS



AVACADO



HABANERO

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SERRANO CHILLI



POBLANO CHILLI



JALAPENO CHILLI

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TABASCO CHILLI



ANAHIEM CHILLI



PASILLA CHILLI

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CHIPTOLE CHILLI



JICAMA



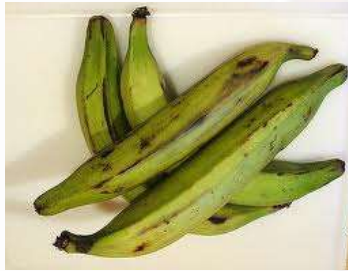
EPAZOTE

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PLATANOS



TORTILLA

FRIJOLES



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NAPOLES



MONTREY JACK CHEESE



CORN

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TOMATILLO



ACHIOTE

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## SPECIAL EQUIPMENT



CAZUELLA



OLLA

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MOLCAJETE



TORTILERO

## SPECIAL DISHES



REFRIED BEANS



GUACAMOLE

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FAJITA

PICO DE GALLO

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TOSTADAS

TACOS

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QUESADILLAS



CHIMICHANGA



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*HELADO FRITO*



MOLE POBLANO

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## References :

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3. The Larder Chef by Leto and Mojo
4. Garde Manger by D.D. Sharma
5. On Cooking –Sarah Labensky
6. Basic Training Kitchen- Chef Vikas Singh

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