



Organización
de las Naciones Unidas
para la Educación,
la Ciencia y la Cultura.

Culinary.



MEXICAN CUISINE


A photograph of a rural scene. In the foreground, there is a large, tall stack of harvested corn cobs, some still in their husks. To the right, a brown chicken is visible, and another one is partially seen on the far right. In the background, there is a stone wall and some trees. The sky is overcast. A semi-transparent circular overlay is on the left side of the image, containing text.

PROFOUND REFLECTIONS

We are the men and women of corn,
we have been losing this identity, it
has been blurred by different
circumstances until stopping us short
with this pandemic so that we may
wonder, reconcile and recover the
health of our bodies and culture.

The Mexican diet is capable of providing strength to help address the threats of global epidemics. (Gloria López Morales-CCGM)


We need an activation of our heritage, Netflix has done it: "Street food", "Chronicles of tacos", "Top chef", "Sushi a la Mexicana"; Disney Pixar: Movie "Coco".



Going back to basics,
strengthening the Mexican
food system because the
global system is in shambles,
not because of being
urbanized, but because it has
devalued the sources of food.

Reconnect with food,
traditions.

Looking inward to our cultures
and our DNA.

A photograph of a cornfield with a semi-transparent white circle overlaid on the left side containing text. The corn plants are tall and green, with some red chilies visible in the background.

Strengthening the Mexican Diet
by focusing on products from the
cornfield and garden.

Corn, beans, fresh and dried
chiles, pumpkins, tomato,
avocado, amaranth...



Matías Domínguez Laso



Diana P. Razura

“... in their multiple combinations, with infinite products, both native and foreign, they have resulted in a healthy food system that surprises with its variety and from which we have strayed.

The Mexican diet is capable of providing strength to help address the threats of global epidemics.” (Gloria López Morales-CCGM).

Victoria A. Sicilia





This is an invitation for the international cultural sector to reflect and join with this culinary academic initiative to increase the visibility of Mexico's regional cuisines.



WHY A COURSE IN MEXICAN CUISINE?

The different cuisines of Mexico represent us and are part of our collective identity, capable of being preserved and left for future generations. This link between the past, the present and the future is important. Awareness of this Heritage.

Food being as much a part of our daily lives as breathing has not been considered, until the consequences of the loss of our food culture has made societies sick.

Institutional will is required and that is why we come to you.

How? revaluing, recovering, flavors and knowledge.



COCINAS
DE MÉXICO

COURSE ON THE CUISINES OF MEXICO

Generation
2021

Through theoretical-practical virtual sessions, the most important aspects that have shaped traditional Mexican cuisine will be taught, from their historical, cultural, demographic and geographical perspectives.

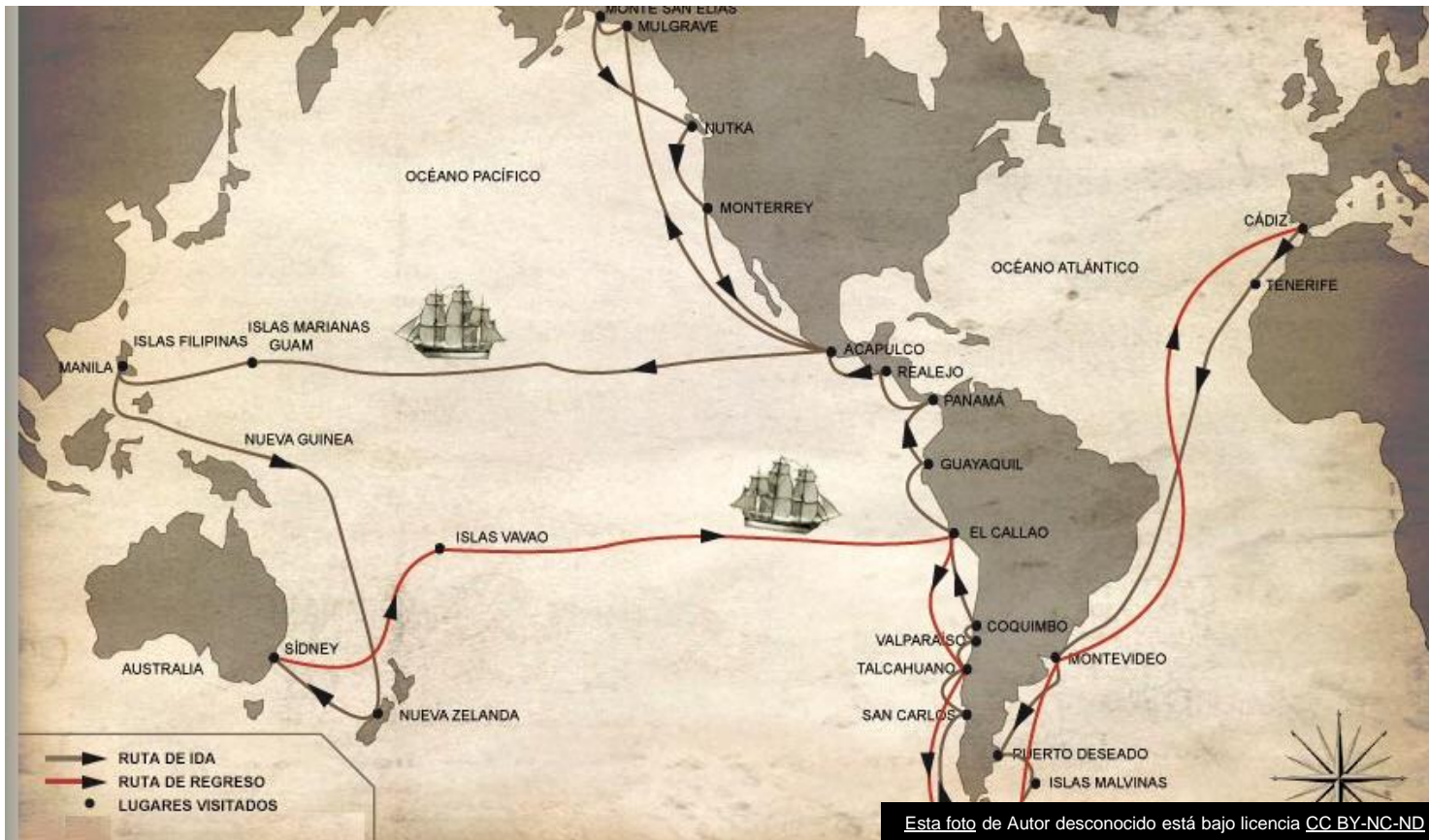
Elements will be provided to identify techniques and ingredients that are part of Traditional Mexican Cuisine, their origins, and applications.

Each module of the degree will provide students with a dossier and a recipe book with the most representative dishes from different points in history, as well as information about techniques and regions that are addressed.

Each module will consist of videos and informational material describing the corresponding topic. For the practical part, there will be videos in which our instructors make the corresponding recipes.

CONTENT OF THE COURSE

- 10 MODULES
- 37 SESSIONS
- MORE THAN 90 RECIPES
- 11 CULINARY CULTURAL REGIONS
- MASTER CLASS WITH TRADITIONAL COOKS



Module 1
 Welcome and introduction to the course
 Introduction to cooking
 Master class with traditional cooks

Module 2
 Traditional Mexican cuisine
 Basic ingredients
 Aspects that define and distinguish traditional Mexican cuisine
 Utensils and fundamental techniques

Module 3
 The importance of cornfields and corn
 Cornfields and natural resources
 Cornfields as the basis of Traditional Mexican Cuisine
 Corn, nixtamalization
 Tortilla and corn dough derivatives

Module 4
 Biodiversity of Mexico and its reflection in Traditional Mexican Cuisine
 Indigenous ingredients
 Adapted ingredients
 Imported ingredients
 Trade routes



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Module 5
History of Traditional Mexican Cuisine
Pre-Hispanic era
Cuisine of the Viceroyalty and Conventual
Cuisine of Independent Mexico
20th century cuisine
Contemporary Cuisine

Module 6
Regional cuisines of Mexico: geography, history, ecosystems, ethnic groups, culture
North Pacific Region: Baja California, Baja California Sur, Sonora
Northern Region: Chihuahua, Coahuila, Nuevo León and Tamaulipas
Master class with traditional cooks

Module 7
Central Pacific Region: Sinaloa, Nayarit, Durango.
West Region: Aguascalientes, Colima, Jalisco
Central-West Region: Guanajuato, Michoacán, Querétaro



Module 8

Central-North Region: San Luis Potosí, Zacatecas

Central-East Region: Hidalgo, Tlaxcala, Puebla

Gulf-Center Region: Veracruz, Tabasco

Module 9

Central Region and Mexico City: Edo. Mexico, Morelos, Mexico City

Insects

Markets

Module 10

South Pacific Region: Guerrero, Oaxaca and Chiapas

Southeast region: Yucatan, Campeche and Quintana Roo

Culinary.



Culinary Art School



CulinaryTijuana

www.culinaryartschool.edu.mx