Why Mexico is Paradise for the Gastronome?

by Kristopher Grizzell

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Mexico has long been known for its food, and for Westerners, the entire of Latin American food could be described as 'A Mexican'. From Tortillas to Nachos, Tacos and chilli con carne, the Mexican menu at the local restaurant has set the idea of Mexican food in stone. For the majority of restaurants in Mexico, this concept of their food styles has nothing to do with what they really serve, and a foreign visitor to the country could be surprised by the range of tastes and foods that can be experienced in Mexico's restaurants.

For starters, there are small and elegant snacks generally known as Equites, that consist of corn, jalapeno strips and herbs, and are sold in nearly every street market. They are somewhat like the Mexican popcorn and tourists could quickly find themselves becoming addicted to the spicy munchies. Then there are snacks which are supplied with drinks, known as Botanas, ranging from a simple nibble of flavoured Jicama (a turnip-style vegetable) to pig's feet cooked in the tomato sauce. The adventurous want go no further into Mexican restaurants than the bar to experience a range of tasty dishes.

For the hungry, here are even more highly spiced and scrumptious meals offered at the restaurants in Mexico. For instance you may try sampling deer with Yucatan herbs and chillies, or maybe a traditional Pueblo dish with heavily spiced sauce. There are a variety of soups and stews that rely upon the spices of the chilli together with tomatoes and peppers.

You can even notice a variety of garnishes made from simple things such as sesame seeds, or even squash flowers that are then covered with a light whisked topping. Even something as ordinary to Mexicans as Bean Tamales could be turned into a feast for tourists when created in modern Mexican restaurants.

There are a variety of restaurants in Mexico which believe in combining the experimental Mexican cuisine of tradition with foods and flavours from around the world. Biko works to mix normal European cooking, like a basic boiled chicken, with Mexican foods, even using crushed popcorn to beautify a dish. Other restaurants opt to utilise the Huitlacoche, a fungus that is the Mexican equivalent of a truffle, and is simply as exquisitely used in several modern dishes. All of these totally different flavours assist to show off the Mexican restaurant to tourists who could just have a bastardized version of what is really on provide in this vibrant and thrilling country.

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Kristopher Grizzell - About Author:
For anyone who enjoys a sensible meal and chooses to eat without spending too much cash, then the restaurants (a restaurantes) choices in Mexico would please you no end. Just visit a http://www.menumania.com.mx for more details. MenuMania is a site dedicated to increase the awareness of fresh food and healthy eating, as well as advocating a national standard associated with food production and sale. The site highlights many restaurants and eateries around Mexico, specializing in a range of cuisines, both local and international. This makes it much easier to always find the right restaurant to suit any taste or style. Visit the website to learn more about all that MenuMania has to offer.

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