

Example of cultural artifacts: mexican food research paper

[Food & Diet](#), [Cooking](#)



Mexico is a nation in the South America which is a quarter the size of America. Most of its citizens are a mix of Indians and Spanish. The official national language is Spanish. Due to the presence of these two cultures, the Mexican food is highly influenced by Indian and Spanish cuisines. The Mexican cuisine is among the versatile and varied and the cultural aspect of Mexican cuisine takes on a unique personality (Blaxland, 127). The Mexican cuisine, historically, incorporates fruits and vegetables. Although there have been influence by other cultures; the traditional Mexican cooking has been flexible yet retaining some unique cultural characteristics.

The globalized world is making it difficult to maintain the distinct culture. Urbanization leads these cultural erosions; the Mexican food culture has not been spared. However, better than any other culture, the Mexican food culture has so far stood firm to retain its traditions. It has developed and spread into other countries notably the United States. Today, many eating joints, hotels and motels in the US sell burritos, enchiladas, tacos and quesadillas are some of the Mexican foods sold in many joints in the United States. The Mexican food history dates back when the Spanish invaded Mexico introducing livestock animals such as pig, cows and sheep which were new to the Mexicans. The Spanish also brought dairy products like cheese as well as garlic (Fordham, 251). However, the Spanish were introduced to traditional Mexican food such as peanuts, chocolate, vanilla, avocados, beans, coconuts, corn, squash, tomatoes and beans. The Mexican food cuisine has its origin from various cultures such as Spanish, American and Indian.

The Mexican cuisine influences cooking worldwide. The native Mexican

prides themselves in the use of natural, from the earth and local ingredients that was used from time in memorial. Dating over 9000 years with the Mayan culture, their staples include squash and sweet potatoes, animals and insects and harvestable wild fruits and vegetables. Mexico possesses an extensive and sophisticated culinary culture. At the heart of every Mexican dish are these three products; hot peppers or chiles, corn and beans (Pilcher, 158). Corn is consumed in various forms such as cooked, roasted corncob known as elote in Mexico, cooked corn grains, porridge or atole or tamal-wrapped and steamed dough with filling and most importantly as a thin round pancake called tortilla. Much of the sophistication of the Mexican cuisine is derived from the use of more than a hundred types of peppers ranging from large and sweet to small and hot called chile ancho and chile habanero respectively.

Mexican culinary norms vary widely depending on individual level of income and social strata. The working class in the Mexican strata has staple food such as corn or wheat tortillas, beans, rice, tomatoes, pepper and chorizo. Additionally, empanadas, a hand-made pasty containing savory or sweet fillings are popular in among the working class (Vargas, 106). The middle and upper class consume a variety of diets similar to the Americans and Europeans, which are prepared using various styles. The Mexican meals consist of breakfast, lunch and super. However, they have a different eating schedule than the Americans. Their diet consists of healthy foods which are rich in taste. The delayed meal time is influenced by the long association with the Spanish culture. Mexican breakfast is served between seven and ten in the morning and it consists of a simple cup of coffee served with sweet

bread, tropical fruits, toast, granola and yogurt (Pilcher, 138). Lunch comes at 2. 30 to 4. 00pm and it is the main meal while dinner comes between 8. 00 and 9. 00 pm which is a lighter meal of soup or tacos.

A common characteristic of Mexican cooks is the use of lots of spicy peppers. The food is loved and enjoyed for its flavorful taste and use of fresh aromatic ingredients and colorful presentation. Incorporating the ancient cooking styles of the Aztec and Mayan Indians together with other worldwide learned cooking styles makes it have such an unmistakable flavor. The Mexican food is mostly spiced with chiles which has its origin from South America. Mexican uses a range of chiles in cooking from anchiotes seed to jalapenos. It is important to note that each region of Mexico has a particular favorite food. In the north, meat dishes are the most popular. In the north however, dishes with vegetables and chicken are popular. For the communities along the sea, their main meals are seafood dishes like fish (Blaxland, 159). It is important to know that the global influence has affected the Mexican cuisine with South American, the Caribbean and Africa among the top influences.

Today, the most perceived authentic Mexican food is a blend of Mexican food that has been Americanized in the Texas- Mexico border for example the refined beans which is part of the Tex-Mex cuisine. Mexicans consider food as an important part of their culture. As it is famously said, in order to learn a new culture, you should know how they cook (Vargas, 137). Taking a look at the importance the Mexicans give their food cuisine, it is evident the Mexican take nothing for granted and their food is delicious and nutritious meal that are loved amongst the Americans and all over the world.

Works Cited

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