

## Four Mexican Foods You've Never Heard Of.



If you have the opportunity to travel, you will be exposed to many different cultures. And one of the best ways to learn about these new cultures is through your stomach. Many travelers consider themselves to be quite the culinary experts. They'll try anything that's put in front of them and won't think twice about it. Chocolate-covered grasshoppers anyone? If you're one of these taste warriors, you'll think you've tried it all. Well, think again. All you have to do is look below the US border and you'll find plenty of Mexican dishes that are completely new to you.

### **Huitlacoche (wheat-law-koh-chay)**

Some folks call this corn smut. It's a fungus and Mexicans use this as filler for a lot of different foods, from tacos to quesadillas. This delicacy hails all the way back to Aztec times and has been a staple in Mexican cuisine for many, many years. In other countries, many farmers consider their crops destroyed when

huitacoche infects them. But in Mexico, they harvest and preserve this stuff and then turn around and sell it for a higher profit than corn. Huitlacoche has a real soft, corn and mushroom taste, so it's a delicacy in Mexico and is sold in many restaurants.

### **Escamole (ess-kah-mow-lay)**

Think you can eat larvae? Well, don't let the sound of this throw you. Escamoles are larvae from ants and are obtained from agrave plants. The locals call it "insect caviar" because it is considered an ancient Aztec delicacy. Escamole has a smooth, granular taste and a risotto texture. It's not easy to find this delicacy, but high-end restaurant usually have it.

### **Mole (mow-lay)**

Mole is the national dish of Mexico, and is used in many mainstream culinary dishes. There are many varieties, but the most common is mole poblano. We find most of this in the middle regions of Mexico. This dish did not originate in Aztec times, like the other two. It has more of a European origin. There are over 20 ingredients so it's a feast for the taste buds. But the three predominant tastes are chocolate, chili and peanuts and it's usually served with a variety of different meats.

### **Mixiote (Mix-oite)**

You'd have to be from central Mexico to know what mixiote is. Heck, you may have been born and raised there and still not have a clue. You could even go to Mexico City, and still not be able to find it.

**So, what is it?** It's the membrane from maguey leaves wrapped with meat and roasted or steamed. The meat can be pork, chicken, beef or fish.

**The marinade is what makes it.** In the eighties, the president of Mexico outlawed the use of the parchment (membrane) commercially, because the removal of the membrane can kill the plant. So most people just use baking parchment.

If you're looking for some foods that will get your attention, try these out. And, when you get back home, you'll surely make some new friends.

**Description**-Four Mexican Foods You've Never Heard Of. If you have the opportunity to travel, you'll learn about many different cultures. But you'll learn best through your stomach.