

Enid Desiree Fuentes Romero\*

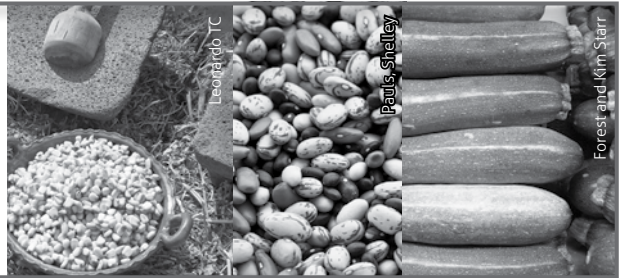
# Culinary Heritage, Contribution to Humanity

In 2010, the UNESCO declared Mexican cuisine part of the world's Intangible Cultural Heritage for its methods, its long-standing practice, and its ingredients.

## 1 Traditional methods of preparation and cultivation

**Nixtamalization:** the ancestral process of preparing maize for making tortillas

**Milpa:** traditional agricultural system that integrates crops of corn, beans, chili peppers, and squash in the same field



## 2 Long-standing Practice

Today's continued use of traditional utensils for grinding and cooking, such as the mortar and pestle, the mealing stone, and the griddle, underlines its ancestral legacy.

## 3 Ingredients

The prevalence of key products such as maize, beans, chili peppers, and squash give historical continuity to Mexican cuisine.



## Michoacán cuisine Pioneered Recognition

This cuisine was fundamental in the recognition of Mexican foodways because of its rich culinary tradition and the cultural importance that continues integrating ancestral practices, Mexican identity, and historic continuity.

## Just a Few of the Delicacies from Michoacán

**Carnitas:** pork slowly braised in its own juices

**Uchepos:** sweet tamales made with fresh corn

**Corundas:** corn tamales served with cream and salsa **MM**



Enid Desiree studies Hispanic language and literature at the UNAM School of Philosophy and Letters and is doing her community service at the CISAN/UNAM. You can contact her at [desireeenid@gmail.com](mailto:desireeenid@gmail.com).

Photos 1, 3, 4, 5, 8, 9, 10, 11 were taken from commons.wikimedia.org and 2,6,7 were taken from Unsplash.com.