

# Glossary of Mexican ANTOJITOS

**Atole** A beverage made from corn sweetened with brown sugar. It comes in chocolate, rice, prickly pear, and other flavors.

**Birria** Stew prepared with mutton in a broth and a wide variety of spices (pepper, thyme, garlic, oregano, ginger, sesame seeds, marjoram, onion, and red chili peppers). Traditionally, it is roasted in pit.

**Burritos** From Mexico's North, this variety of large taco is made with a flour tortilla. One typical northern version is filled with *machaca*, or dried, shredded beef cooked in green chili peppers, tomatoes, and onion. Another kind is the *chimichanga*, made the same way, but then deep fried.

**Cahuamanta** This dish is traditional in Sonora and Sinaloa states. Its name refers to the Spanish word for the loggerhead sea turtle, *cahuama*, and the manta ray. However, since the loggerhead sea turtle is endangered, the dish is now made only with manta ray, which is cooked with chili pepper, green tomatoes, carrots, celery, and spices, and is used to make tacos in flour tortillas.

**Cemitas de pata (Beef or pig feet torta)** A *cema* is a kind of crunchy roll made with sesame seeds, which is then filled with avocado, pickled pig's feet or beef feet, string cheese, onions, and *chipotle* chili peppers.

**Chalupita** Tortilla braised in hot oil, bathed in red or green salsa, and topped with shredded pork and fresh, raw onions.



**Chileatole** Energy drink made with cacao paste and corn *atole*, seasoned with powdered chili pepper and vanilla.

**Cochinita pibil** Pork meat marinated in red annatto paste. To cook, the meat is wrapped in a banana leaf and roasted in a pit. The word "*pibil*" refers to this cooking method.

**Coctel de tegologo** Sweetwater apple snails gathered from the Catemaco Lagoon in Veracruz, prepared in a tomato sauce.

**Enchiladas placeras ("plaza" enchiladas)** Corn tortillas bathed in a sauce made of *guajillo* chili peppers, garlic, and onion, and then grilled and filled with soft, mild, un-aged "fresh" cheese. They are garnished with cubed potatoes and carrots.

**Enchiladas potosinas (enchiladas from San Luis Potosí)** Corn tortillas folded and filled with soft, mild, un-aged "fresh" cheese are dipped in an *ancho* chili pepper sauce, fried briefly in hot oil, and topped with sour cream.

**Gusanos de maguey (deep-fried maguey worms)** Found in the maguey spines, these worms are fried in oil until crunchy and eaten with guacamole and corn tortillas.

**Pancita** Soup-like stew made with beef stomach and cooked in a broth made of *guajillo* chili peppers, garlic, and oregano to which kernels of white corn are added.



**Pejelagarto asado (grilled gar)** This freshwater gar, characteristic of the region of Tabasco, is grilled after being marinated in lime juice and chili pepper.

**Pochitoque en verde** A Herrera's mud turtle from Tabasco is roasted on an open fire and bathed in a thick, spicy green salsa prepared with garlic, salt, coriander, oil, and chili peppers.

**Pozol** Beverage of pre-Hispanic origins made with corn and cacao. It is served in gourds with lots of ice.

**Pozole** A soup made of special *cacahuazintle* corn and pork, topped with sliced lettuce and radishes, chopped onion, oregano, and chili powder. It can be served with lots of broth or without broth.

**Pulque** Drink of pre-Hispanic origins from the fermented sap of the agave or maguey plant.

**Sopes** Soft, thick corn tostadas, spread with refried black beans, and then topped with ingredients like shredded beef, chicken, or seafood, sliced lettuce, and spicy salsa.

**Tacos** Corn tortillas rolled and filled with an infinite variety of ingredients like cheese, vegetables, beef, chicken, fish, and seafood, usually accompanied by spicy salsa. They can be prepared on a *comal* (grill) or, rolled into the form of a flute and deep-fried until crisp ("golden" *flautas*).

**Tacos de canasta o sudados ("basket" or "sweaty" tacos)** Corn tortillas folded and filled with potatoes or stewed beef or chicken, placed in a basket, dribbled with very hot oil, and covered with a sheet of plastic, so they begin to "sweat."

**Tamales** Corn meal dough wrapped in banana leaves or corn husks and steamed. They can be filled with almost any



ingredient, like cheese, vegetables, chicken, beef, seafood, and even iguana meat. Sweet tamales are generally filled with fruit and nuts.

**Tamales de dedo (finger tamales)** Corn meal dough wrapped in corn husks, mixed with a *guajillo* chili pepper sauce and filled with beans or shredded beef, these tamales owe their name to their diminutive size.

**Tejate con pétalos de rosa y almendra de mamey** A cold beverage prepared with ground maize, white cacao, and mamee pits, and scented with rose petals.

**Tortas** Sandwiches made with different kinds of rolls or French bread, filled with roast suckling pig (*lechón*), barbecued beef or pork, ham and cheese, eggs, or a myriad of other fillings.

**Torta ahogada ("drowned" torta)** Made on French bread, this sandwich is filled with pork and dipped in an *árbol* chili pepper and tomato salsa, or "drowned" in it, which is where it gets the name.

**Torta "de la barda"** These sandwiches owe their name to the place where they were originally sold, near a wall that separated the railroad tracks, the docks, and the customs sheds from the city of Tampico. They are filled with ham, sausage, pig's head meat, yellow or white cheese, avocado, tomato, and onions.

**Tostadas** Tortillas are fried in hot oil until crisp, and then a veritable tower of flavors is erected on top of them. Traditional tostadas are made of chicken, but an infinite variety of ingredients like fish, seafood, beef, or sausage can be used, to which beans, lettuce, tomatoes, avocado, mild "fresh" cheese, cream, and spicy salsa are added. MM

