

# VERACRUZ



"Gate to the Américas"

# VERACRUZ

- Established in 1519 by Hernán Cortés
- Link between Spain and America



# Indigenous Cultures



Huastec  
Totonac  
Olmec



# Gastronomic Timeline

- Pre-Columbian



# Gastonomic Timeline

- Conquest



# Gastronomic Timeline

- Colonial times



# Gastronomic Timeline

- Mexican  
Mestizo cooking



# VERACRUZ COOKERY



# ICONIC INGREDIENTS

- Corn



# ICONIC INGREDIENTS



- Chiles (Fresh and Dried)



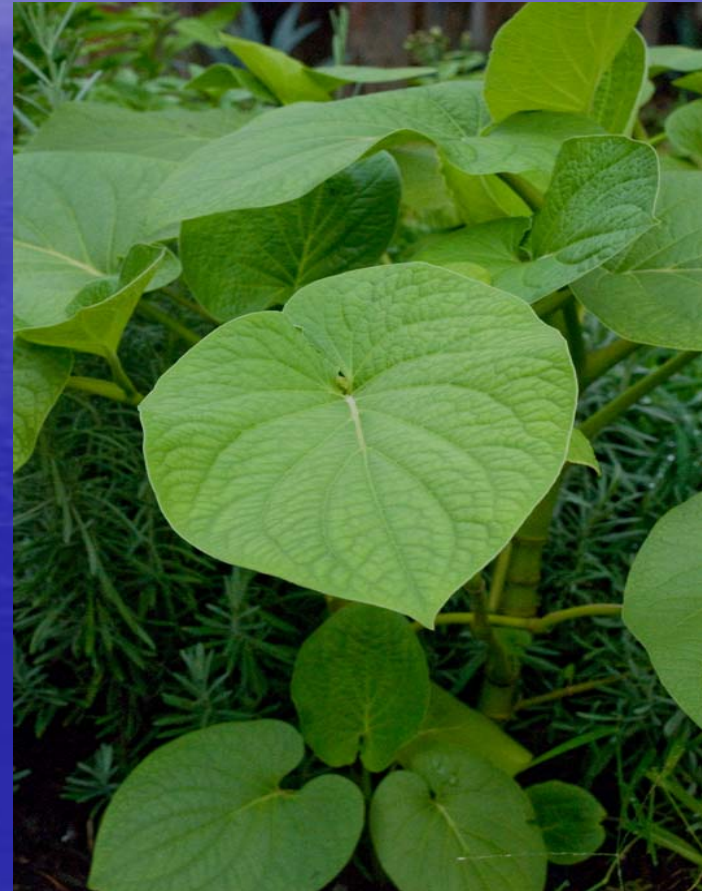
# ICONIC INGREDIENTS

- Seafood (Fish & Shellfish)



# ICONIC INGREDIENTS

- Hoja Santa Leaves (Acuyo)



# ICONIC INGREDIENTS

- Avocado Leaves



# ICONIC INGREDIENTS

- Plantains
- Beans (Legumes)



# ICONIC INGREDIENTS

- Tubers
- Tomatoes
- White Onions



Torundas de plátano macho  
en salsa de frijol

(Fried Plantain "Torundas" with Bean Sauce)