



YUCATÁN

GASTRONOMY



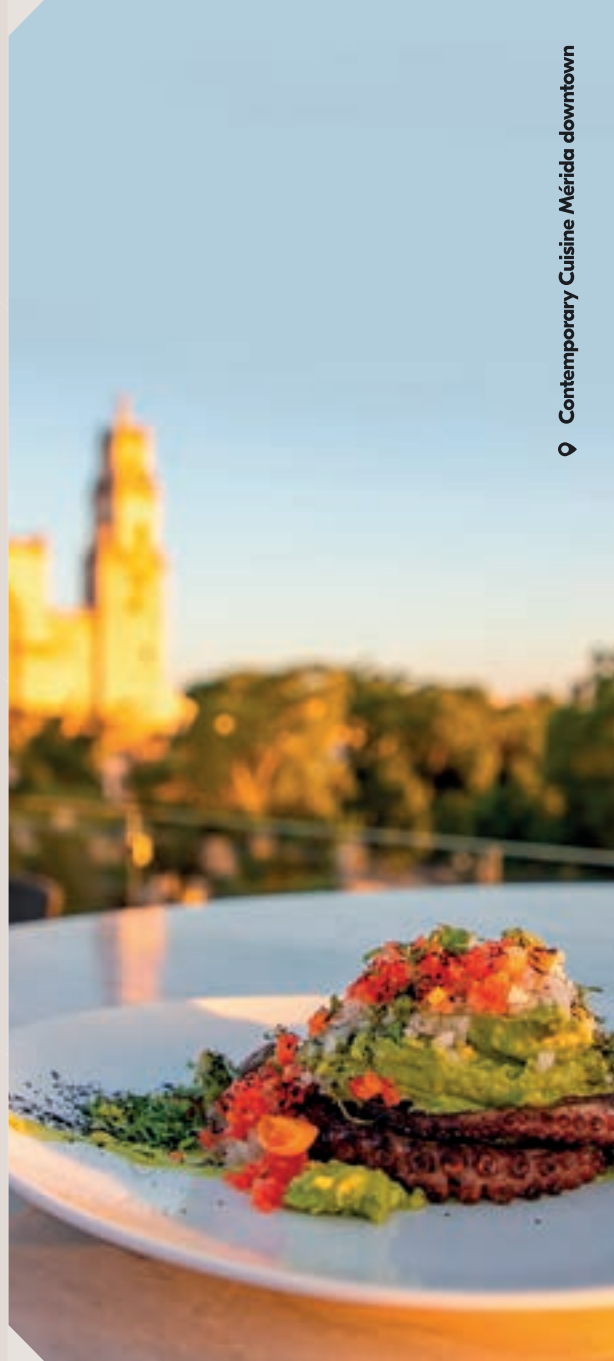
#TheColorsOfYucatan

YUCATÁN: THE FLAVORS OF THE MAYAN GODS

To visit Yucatán is making **a trip of scents, colors, and flavors**, because the mixture of ingredients used in the creation of many dishes that are traditional of Yucatán's cuisine, become the guides of a culinary tour for great food lovers. Red onion, tomato and coriander, or condiments and spices like pumpkin seeds, oregano, sweet pepper, annatto, *xcatic* pepper, *habanero* pepper, *max* pepper, and citrus fruits like lime and sour orange provide that **unique and special seasoning** to the food of this State, which was once known as “**the land of the pheasant and the deer**”.

Yucatecan gastronomy is the result, mostly, of its former isolation from the rest of the country and of its constant contact, through its ports, with Europe, Cuba, and New Orleans. Nowadays, **Yucatecan cuisine continues consolidating as one of the most diverse and emblematic of Mexico**, collecting prizes for the quality and flavor of its dishes.

- It has been appointed as Yucatán Intangible Cultural Heritage since 2013.
- Mérida was declared in 2019, part of the Creative Cities Network in the culinary category, by UNESCO.





📍 Panuchos

FLAVORS OF THE TRADITIONAL YUCATECAN CUISINE

The basis of Mayan diet was corn, however, traditional Yucatecan cuisine is not only based in the ancient Mayan preparation techniques, like the use of earth oven, but also in the roots and respect Yucatecan people have for their traditions. Among their customs, you can find a typical dish assigned to a specific day of the week; for example, Mondays are for beans with pork and for Sundays' breakfast, they have the famous and unique *cochinita pibil* or a delicious piglet sandwich, called "*torta de lechón*".



📍 Lime soup

Culinary offer in Yucatán is so diverse, you will not know where to start. We recommend that you try the following emblematic dishes: *cochinita pibil*, *sopa de lima*, *panuchos* and *salbutes*, *papdzules*, *relleno negro*, *chaya*, *empanadas*, *relleno blanco*, *queso relleno*, *brazo de reina* (similar to a stuffed *tamal*), *pan de cazón* (*dogfish bread*), *tzic de venado* (deer *tzic*) and *Tikin-xic* (*Tikin-xic style fish*). **If your visit is during the period of celebration of the Death or *Hanal Pixán***, you will be able to try the delicious *mucbipollo* or "*Pib*", and as complement: a big glass of pineapple and *chaya* water or *pitahaya* water, depending on the season.



📍 Cochinita Pibil



📍 Huevos Motuleños



& to graduate as a great connoisseur of Yucatecan cuisine, you should try certain dishes or products original to some Yucatecan regions, such as:

- ① *Huevos Motuleños* (Cenotes and Haciendas Region)
- ② Escabeche negro (black pickled sause), *lomitos* & Longaniza de Valladolid (a spiced sausage from Valladolid) (Mayan World Capital Region)
- ③ Smoked meat from *Temazón* (Mayan World Capital Region)
- ④ *Poc Chuc* at Maní (Puuc Route & Mayan Villages Region)
- ⑤ *Mayan octopus at the Yucatecan coast* (Yucatán Riviera & Mayan Port Region)
- ⑥ *Cerdo Pelón* (a breed of pork whirout hair) at Tizimin (Mayan Port Region)

During this trip of flavors through Yucatán, you will discover **dishes that will test your palate** and adventurous spirit, as not everybody dares to try *habanero* pepper, one of the hottest in the world, and which you will essentially find it accompanying several dishes of the Yucatecan cuisine.

Sweet Yucatán

Among the Yucatecan culinary offer, you can also find desserts. You have you must ask for: *dulce papaya*, *nance*, *circote*, *caballero pobre*, *manjar blanco*, *cremita de coco*, *atropellado de camote o coco*(kind of dessert), meringues, and **the not-to-be-missed *marquesita***; and to refresh, a delicious coconut sherbet or a guanabana *champola* (cold drink).

Traditional Drink

Xtabentún is the most famous traditional liquor from Yucatán, which has been preserved since Pre-Hispanic times and continues in current days. It is produced with fermented Yucatecan honey, a little bit of anise and some cane rum. Some other liquors of different flavors are also produced, like: *nance*, guanabana, orange, and sisal, among others. Today, craft beers complement Yucatecan meals with a superb flavor that you can only taste in this region.



📍 **Dulce de papaya**
(Sweetened Papaya with edam cheese)



📍 **Xtabentún liquor**

Culinary Experiences

In Yucatán, the gastronomy becomes an experience including all kind of activities. You will find a wide offer of culinary tours where you can learn about the history of this land. We recommend some tours in the city, like the Market tour, the Saloons tour, or the Beer tour; but if you want an experience in the communities, we can recommend the Melipona honey tasting, a communal cuisine in Mayan villages or cooking lessons at Chichén Itzá or in the Haciendas.

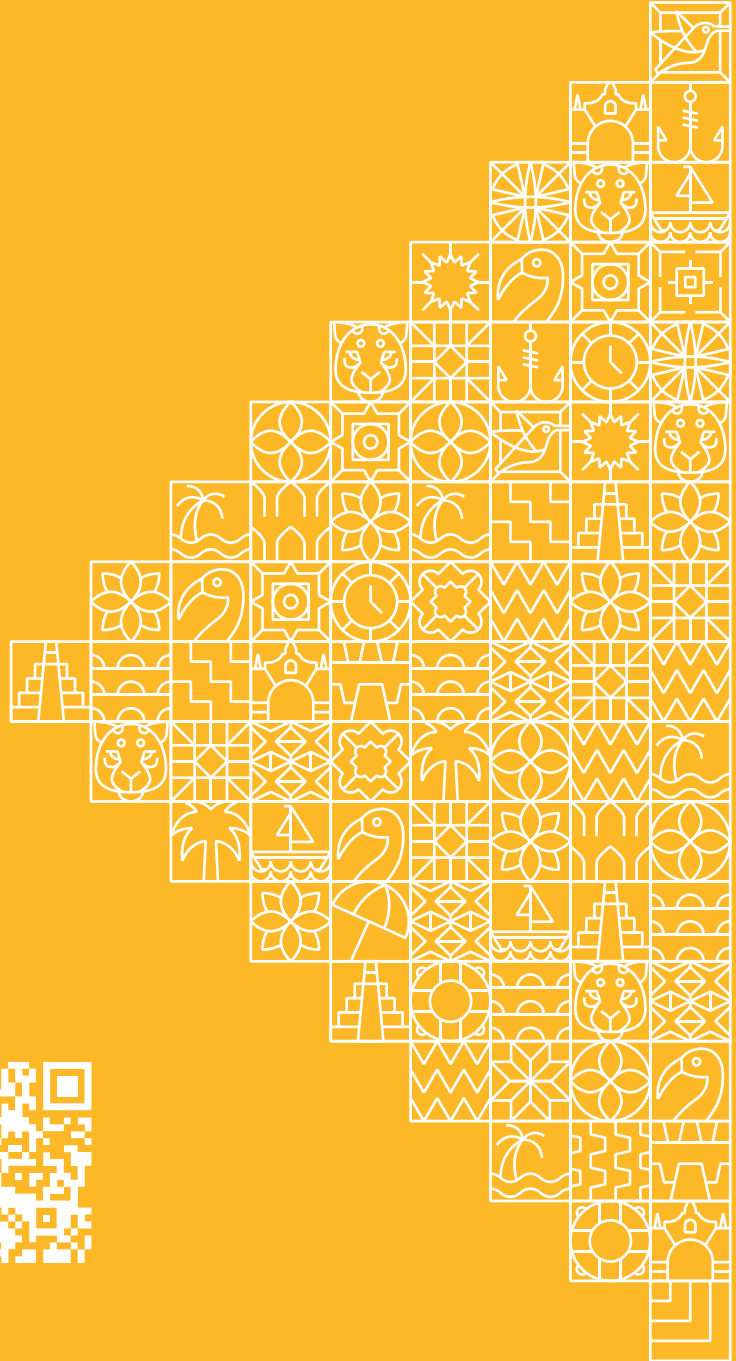
Yucatán and its Contemporary Cuisine

Currently, there is a wide variety of dishes that, from its Mayan roots, together with new techniques and endemic regional products, have led the way to a new gastronomy, achieving a contemporary culinary concept that, undoubtedly, forms part of the culinary tour offered. There is an extensive offer of restaurants in Yucatán, where you will experience food that will leave you with a real good taste, some examples are: Kuuk, Néctar, Picheta, Catrín, Micaela Mar y Leña, Maya de Asia, among others.





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