

## **CARNE ADOBADA**

Meat or chicken covered or marinated with a spicy Mexican adobo paste or sauce.

Adobo is a Mexican marinade, sauce or seasoning. [Carne Adobada](#)

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## **MOLE SAUCE**

A wonderful rich sauce made with a combination of chocolate, chilies and many spices.

It can be red, brown or green depending on the ingredients. The moles of Puebla and Oaxaca are particularly famous, hence ‘mole poblano’ or ‘mole oaxaqueño’.



## **CHILES RELLENOS**

Large Poblano chilies stuffed with Mexican cheese or spicy meat (picadillo). The chilies are mild, but the sauce is often not.



## CHILAQUILES

Chilaquiles are toasted tortillas covered in green or red salsa, shredded chicken, and a little crema (similar to sour cream). [Chilaquiles Recipes](#)



## ESQUITES OR ELOTES

Esquites are a delicious snack that you can buy on the street. It's a piping hot cup of maiz (a lot like corn, but chewier here) and they add epazote spice, mayonaise, lots of lime, and chile. Eating it with a spoon while walking through a scenic plaza at night is heavenly.



## SALSA

Salsa is Spanish for sauce, this is a salsa made generally with tomatoes, onion, chili and cilantro. Click [here](#) for [Mexican salsa recipes](#)



## **TACOS**

Truly authentic Mexican tacos use the soft corn tortillas often made of corn and are stuffed with either meat, chicken or seafood fillings with a pic of spicy salsas.

## **GUACAMOLE**

An avocado garnish or dip made with mashed avocado, onion, coriander and chilies.

## **QUESADILLAS**

A Mexican quesadilla is a corn or wheat tortilla filled with cheese and then grilled. Other items, such as a savoury mixture of spices or vegetables, are often added then they are cooked on a griddle.

## **TOSTADAS**

Thin and crisp tortillas served loaded with guacamole, sour cream, chilies, chicken, beans, etc.



## **CEVICHE**

Raw fish, squid or shrimp marinated in lime juice then mixed with cilantro, onion and tomato.



## **ENCHILADAS**

Made with tortillas, enchiladas are basically folded or rolled tortillas stuffed with chicken, pork or vegetables and then baked.



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### **Salsa Verde**

Fresh, authentic salsa verde will always add something special to your recipes – for example it goes great with these delicious barbacoa tacos. Without a doubt, this is a salsa that, once you've tried it, you won't want to live without it