

Guadalajara

Guadalajara Cuisine

As capital of the Jalisco region, the birthplace of tequila, with signature dishes and burgeoning chefs and restaurants, Guadalajara's unique eats will satisfy visitors who yearn for their next meal – especially one that immerses them in the local culture. Guadalajara is known for its food scene, from tacos sold from street stands and the traditional torta ahogada to innovative Mexican cuisine in very unique restaurants. Tequila from the blue agave plants just outside the city is found in signature drinks. The region's birote bread cannot be found anywhere else in the world. Local fruits and spices are utilized in traditional dishes and creative masterpieces. It's exciting to taste them all while exploring Guadalajara's food stands, markets and fine dining restaurants.

Key ingredients that are ever-present in Guadalajara's cuisine include the classic corn tortilla which accompanies absolutely every meal regardless if it's sweet or salty. Chili is a must in all dishes, from a simple tomato sauce to the more elaborate chipotle and guajillo peppers crushed in stone molcajetes (mortar and pestle). When you order Guadalajara's specialty sandwich, torta ahogada, you'll find the dish covered in a spicy tomato and chili sauce. Pinto beans are a primary legume and used in all of the regional dishes. Local fruits such as mango, pineapple, coconut, and apple, are often used to make desserts, liqueurs, and preserves, such as guayabates (quince rolls) and peach jam. Traditional sweets include apples wrapped in caramel; candied fruits; and jericalla, a traditional Mexican dessert that originated in Guadalajara and is similar to flan and crème brulee.

Culinary specialties in Guadalajara also include birria, a spicy Mexican meat stew made with either goat or lamb, cooked slowly with spices, and served with minced onions, cilantro, and lime; pozole, a corn hominy soup made with either pork or chicken; ceviche made from that the fresh catch of the day, marinated in lime juice and served with tostadas; and chilaquiles, a Mexican breakfast of eggs, home cooked beans, slightly salty white cheese and tortillas.

Local street food includes tacos with various fillings and tortas (sandwiches) filled with meat or vegetables. A standout dish that can be found throughout the city at various food stands and restaurants is the torta ahogada (drowned sandwich), Guadalajara's signature sandwich and its most popular street food. They are made with a bread called birote, which can only be found in the region due to the altitude, temperature, and humidity that is stuffed with Jalisco-style pork and covered in a spicy Yahuallica pepper salsa. The bread is perfect for the deluge of sauces because it will not lose its consistency.

Refreshing drinks made with fruit create a beautiful rainbow of colors, including red from hibiscus flowers, pale rose from watermelon or strawberries, yellow from mangos, and deep orange from tamarind. Drinks like Cazuela Guadalajara punch are typically served in wooden bowls made in the city's artisan neighborhoods. A traditional drink is tejuino, a cold beverage made with fermented corn.

For more information on Guadalajara, visit www.visitguadalajara.com.

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