Infromation about mexican food

One of the world’s great cuisines, Mexican food is diverse, delicious, and profoundly omnivorous, both simple and sophisticated. Typical Mexican dishes are as basic as the ubiquitous quesadilla (a warm tortilla filled with melted cheese) or as elaborate as chicken served in mole negro (a Oaxacan sauce prepared with dozens of hand-ground ingredients). Food is essential to Mexican culture, and eating well is something enjoyed throughout Mexico, at every price point and in every type of establishment—from food stalls, bakeries, and markets to cafés, cantinas, and restaurants.

First, we start with:

empanadas, Empanada is made by folding a dough or bread patty around the stuffing. The stuffing can consist of a variety of meats, vegetables, or even fruits. Empanadas have their origins in Galicia (Spain) and Portugal. They first appeared in Medieval Iberia during the time of the Moorish invasions.

Enchiladas, In its original form as Mexican street food, it was a simple corn tortilla that street vendors would roll up and dip into a chili sauce. The modern stuffed version of this wrapped tortilla is often smothered in sauce and topped with cheese, then baked to perfection. Different recipes use either corn or flour tortillas.

Tacos de papa, also known as potato tacos, are a popular Mexican dish made with crispy tortillas that are filled with mashed potatoes and topped with fresh garnishes and [spicy salsa](https://lolascocina.com/spicy-red-salsa-with-chile-japones/).

gordita, a small Mexican corn cake that is fried, baked, or grilled and stuffed with various ingredients. A gordita—Spanish for “fat”—is made using masa dough, and the typical fillings include cheese, shredded meats or chicharrón (fried pork rind), mushrooms, potatoes, and refried beans.

Carne asada, which in English means "grilled meat," is beef. For this Mexican dish, one-inch-thick steaks are marinated in lime juice and seasonings, grilled, and then cut into thin strips. Carne asada is either served as a main course typically with rice and beans, or used as a filling for tacos or burritos.

The arroz con leche (rice with milk) is one of the oldest desserts in Spain. Arroz con leche is prepared all over Spain, with several small regional variations, but the basic ingredients are the same: rice, milk, sugar and lemon or orange peel.