

ESQUITES

This delicious street food is so popular in Mexico that you will likely see it in street stands, food trucks, and at other restaurants when you explore Mexico. Even though it has basic ingredients, everyone adds their special touch and makes them slightly different. There are different ingredients added sometimes and they even have different names in different parts of Mexico.

These are prepared in a similar manner to elotes and they have similar ingredients. The difference is that with elotes you eat it right off the cob, whereas with equites, you can mix it all together in a cup and eat it with a spoon.

What are esquites?

They are a delicious Mexican street food that uses corn kernels as the principal ingredient. Some versions add additional flavor by using a broth as well as the accompaniments which include mayonesa, lime, cotija cheese, and chili powder.

It is a food that is usually consumed as an appetizer or hors d'oeuvre and has gained great popularity in different parts of the world. The way to prepare this street food depends on the region. It can be roasted or toasted corn kernels. In fact, the word esquites or ezquites comes from the Nahuatl *izquiltl* and can be translated as "to toast."

Elena's Version

- White & yellow fresh corn kernels
- Butter
- Jalapeno
- Epazote (The herb's flavor varies depending on growing conditions and time of year, but it's been known to carry notes of citrus, anise, oregano, and pine when incorporated into dishes. When it's consumed raw, epazote can have an almost medicinal quality due to its anise, licorice-like flavors; some even say it tastes like petroleum or putty)
- Tajin
- Cotija cheese
- Arbol aioli (arbol chile, guajillo, garlic, mayo, lime, salt)
- Cilantro