

# ESTADO DE MÉXICO

## GASTRONOMY

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The gastronomy of the Estado de México is a feast of colors, scents, and flavors that have gone beyond physical borders and time. The dishes and ingredients of the traditional cuisine of the Estado de México date back to pre-Hispanic times, making the gastronomic heritage an unparalleled experience when visiting the Estado de México. Each region of the Estado de México offers different typical dishes between municipalities, thanks to the diversity of the natural resources of each region and the inheritance of the preparation and cooking practices of the original peoples, which makes the gastronomy of the Estado de México so delicious and varied. You can eat it formally in a restaurant in the capital of the State or in a municipality in the metropolitan area, as well as in a more informal way in the market of a town or in the kitchen of a traditional cook.

Enjoy a tour through the kitchens of each town in the State of Mexico, passing through the most representative dishes that distinguish them, because even the most demanding taste buds know when they are at a Mexican table.



In the region of Teotihuacan and San Martin de las Pyramides you can enjoy pre-Hispanic cuisine, tasting escamoles, chinicuiles, as well as tlacoyos, lamb barbecue accompanied by pulque, and for dessert, try the preserves and sweets made from prickly pear, xoconostle, and nopal cactus.

In the Magical Town of Valle de Bravo, you can eat delicious esquites with shrimp or the typical campechanas, but you can also try the trout in its various preparations and the delicious dishes offered by the local restaurants of national and international food, either in a floating restaurant or admiring the beauty of the center of the place.

When visiting Metepec you must try the garañona, which was born as a remedy to cure headaches and stomach aches, it became the typical drink; the Bar "2 de abril" is the place to enjoy it with tradition since 1932.

In Malinalco you can't miss the Mezcal Tour and eat a delicious trout with paper, for a snack or dessert there is nothing like a delicious traditional ice cream, which can be served as mamon, which is ice cream with dry pancake style bread, the ideal is to try it with buttery flavored ice cream.



In El Oro, you have to try the chiva, which is a herbal liqueur, used as a digestive since the late nineteenth century, and also try the pan de amasijo, here you can eat inside a train carriage, in the center of town.

The fresh cheeses are typical of Aculco, where you can also taste the dishes accompanied by it as enchiladas with cheese; here you can also eat a quesadilla of squash blossom or huitlacoche, as well as some tacos of beef cracklings, lamb barbecue, or carnitas accompanied by natural pulque and of course with cheese. In Tepotzotlán, you can try the ice cream in the center of town, as well as take a tour and learn about the pre-Hispanic food of the region, such as escamoles and maguery worms.



When visiting Villa del Carbon you can taste a delicious trout in its different preparations, you can also eat a delicious lamb barbecue taco accompanied by consommé and try the delicious pistachio, walnut, or pine nut "rompopes", as well as craft beer in all its varieties.



In Ixtapan de la Sal it is essential to try the sweet pepita that besides being delicious is an art by the figures that are made and in Tonatico you should not miss the peanut palanquetas, as well as the tlacoyos, gorditas, and quesadillas in the restaurants of the center.



The traditional Mexican cuisine is not only found in the Magical Towns of the State, but also in the capital Toluca, where you can eat the typical huarache, which is a large oval tortilla, baked, with beans, nopal salad, tomato, chili, onion, cilantro, and fresh cheese; as well as red and green "chorizo". When visiting the Estado de México, you have to eat the typical quesadillas in La Marquesa, try the traditional tamales de ollita from the municipality of Ocoyoacac, the bread called "finas" from Tejupilco, the flower soup from Villa Victoria, the carpa en barbecue in Jocotitlán, cheeses and jerky burritos in Polotitlán, bishop tacos from Tenancingo; as well as enjoy the delicious typical food from the different towns with enchantment such as: Mixiotes of meats and mosquito from Acolman, trout and champurrado from Amanalco, mixiotes, rabbit, chileatole and chiles en nogada from Amecameca; bean broth and mushroom soup from Ayapango; barbecue from Axapusco, pepeto from Coatepec Harinas, trout and blackberry liqueur from Donato Guerra, sopes from Jilotepec, frog broth in Lerma; chinicuiles, escamoles, white maguey worm from Nopaltepec; moronga from Otumba and Ozumba, barbacoa and tamales of alverjón, corn and piloncillo from Papalotla; baked fruits from Sultepec, chicken in chirrion from Temascalcingo, tamales nejos, coffee and trout from Temascaltepec, piñitas and pan condes from Tenango del Valle, cecina from Tepetlixpa, rabbit and mushroom soup from Tlalmanalco, bean tamales from Zacualpan; seafood, mole, barbecue and carnitas from Zinacantepec or charales from San Felipe del Progreso.

The Estado de México is rich in dishes, beverages, and delicious desserts that are prepared with care and good seasoning to satisfy the most demanding palate.



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