

AUTHENTIC FOODS

1. Enchilada - corn tortilla rolled around a filling (meat, cheese, vegetables) and covered in chili pepper sauce.
2. Empanada - bread or pastry stuffed with meat, vegetables, spices, etc.
3. Tostada - deep-fried flat tortilla served with meat, vegetables, toppings, etc.
4. Flauta - tortilla filled with meat, vegetables, spices, etc. and rolled up very small
5. Tamale - dough filled with meat, vegetables, spices, etc. Wrapped in a corn or plantain husk and steamed.
6. Sopapilla - thin fried pastry usually covered in sugar, honey, chocolate, etc.
7. Burrito - meat, rice, beans wrapped in a flour tortilla (can have additional fillings).
8. Chimichanga - a deep fried burrito, usually covered in sauce.
9. Chalupa - platter made of a crispy shell, then filled with meats, onions, salsa, etc.
10. Chile Relleno - stuffed pepper filled with meat, cheese and spices, then covered in dough and deep fried.
11. Flan - dessert made of eggs, milk, vanilla, and cream with a custard-like consistency, drizzled with caramel.
12. Paella - Spanish dish made of rice with vegetables and seafood/meats mixed in.
13. Tortilla (España) - an omelet made of potatoes, eggs, onion and olive oil.
14. Tortilla (México) - round flat bread made of corn or wheat, can be used in other dishes (burritos, tacos, chimichanga), eaten as a side bread item or fried to make chips.