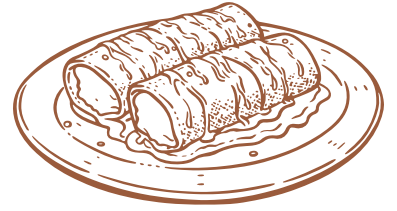


# THE STORY OF ENCHILADAS



## Origin:

Did you know that Enchiladas hold a special place in Hispanic Culture and their significance goes beyond just being a dish. We are going to take a journey together through the world of enchiladas.

- The first version dates back to the 1500s when Spanish explorers found Mexico and interacted with the Aztecs. Where they consumed enchiladas EVERYDAY! Can you imagine eating enchiladas every day?
- The Aztecs got the idea from the Mayans who cultivated corn as a staple crop and would take corn tortillas and dip them into a tomato sauce. The Aztec developed the first “true” enchilada where they took chili peppers, grounded them up into a paste, dipped the corn tortillas into the sauce, then filled them with beans, squash, fish, game, or eggs.
- A couple years later, the Spanish adapted the enchiladas even more by adding in cheese, pork and chicken. When Mexico declared its independence in 1821, enchiladas became the national dish.
- Around 1845, Mexican dishes began to find their way into the American Culture due to the annexation of certain territories in the west. These territories included Texas and California, where Mexican Food was quite popular. The first dish was the enchilada, and it laid the foundation for what we know as “Tex-Mex’ Cusine.

## Cultural Significance:

Did you know that Enchiladas are more than just a dish, they actually represent Mexican Heritage and communal spirit. In Mexico, they’re typically feature in celebrations, festivals, wedding and Christmas.

### Facts:

Mexican Restaurants are most common in California & Texas. They represent 40% of all Mexican restaurants in the Country

### Facts:

In 1831: Enchiladas were published in the first Mexican Cookbook.

In 1976: The U.S first cookbook to feature Enchiladas was the Centennial Buckeye Cookbook.