

CHAPTER SIX



Recipes of the Americas

This chapter is an invitation to a culinary journey that explores the diversity and richness of some of the indigenous peoples of the Americas. From the Andean mountains of Bolivia with the Quechua people to the Amazon rainforest of Peru with the Asháninka people, traveling through the communities of the Ecuadorian highlands of Kichwa Kayambi and passing through the plains and forests of Colombia with the Ampiuile and Misak peoples. We will travel to Central and North America to learn about recipes from the Q'eqchi' people and the traditions of the communities of Tenampulco, Zautla, and Xopanaco in Mexico. Each recipe is much more than a simple list of ingredients; it is a testament to the ancestral knowledge that has sustained these peoples through generations, transforming cooking into an act of cultural preservation and a link to the land.



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Jarwi Lawa

Toasted wheat soup

Ingredients:

Potatoes
Peas
Onion
Carrot
Garlic
Red chili pod
Meat with bone (may be beef, lamb, or chicken). Two types of meat are recommended.
Fresh whole wheat flour
Egg
Pork lard
Parsley
Cumin
Salt

Quechua people, Torotoro, Bolivia



Significant ingredient

Freshly ground wheat milled on a stone batán

PREPARATION

01 Grind the garlic, cumin, and red chili pepper on a stone batán. This mixture will be used to season the wheat flour.

02 Grind the wheat on a stone batán to obtain flour. This is crucial for the flavor.

03 Mix the wheat flour with the egg, then toast it in a pan with the lard and the previously prepared mixture of garlic, cumin, and red chili pepper.

04 Chop the onion into small cubes, peel the carrot into long slices, shell the peas, and peel the potatoes.



05 Boil the meats, peas, onion, and carrot in water, then add the peeled potatoes.

06 When the potatoes are halfcooked, add the toasted wheat flour (this is why it is called jarwi). Continue cooking all ingredients for approximately one hour.

07 The soup is then served in a deep ceramic bowl to enhance its flavor.

DID YOU KNOW THAT...

The cooking time is one hour, and it is important to ensure that the wheat flour is fresh or freshly milled; otherwise, women say, the flavor changes. Chopped parsley can be added, and the soup can be served with a side dish of cooked mote.

Recipe from: Modesta Acarapi

Recorded by: Rosario Valenzuela



Steamed meats

Ingredients:

Chicken
Beef
Potatoes
Onion
Carrot
Tomato
Lemon
Garlic
Bell pepper
Lime juice
Salt

Quechua people, Rancho Pampa community, Torotoro, Bolivia



Significant ingredient
Lime

PREPARATION

- 01** Wash all the vegetables and meats thoroughly. Cut the vegetables into large pieces and crush the garlic.
- 02** Mix the crushed garlic with lemon juice and salt, then marinate the beef and chicken in this mixture. Let it rest for a few minutes.



- 03** In another pot, cook the potatoes with their skins on. Meanwhile, heat a large pot and first place the marinated chicken, then a layer of vegetables, place the beef on top, and end with another layer of vegetables.

- 04** Cover the pot to retain the heat and allow the ingredients to cook slowly for approximately one hour.

DID YOU KNOW THAT...

The total cooking time is approximately 1.5 hours. The level of difficulty is low, as the entire process involves steaming; it is important however to ensure that the water does not evaporate, which is why it should be cooked over low heat. The dish can be served with corn mote.

Recipe from: Aurora Panoso
Recorded by: Rosario Valenzuela



Akiparentsi shima itsipataro tyomirentzi

Fish chipa with roasted cassava

Ingredients:

Fish (one fish per serving is recommended)

Sacha culantro (cilantro) leaves

Guisador or turmeric leaves, for wrapping

Bijao leaves, for wrapping

Banana fiber or other type of fiber, for tying

Salt to taste

Asháninka people, Peru



Significant ingredient

Boquichico and carachama fish, and cassava

PREPARATION

01



First, the fish is eviscerated. The entrails are set aside to be prepared, as well.

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02

Once the fish is thoroughly washed, in the case of boquichico, the scales are removed and then it is retaleado, meaning cuts are made along the sides to ensure better cooking, and the bones are cut so children can eat the fish easily.

The carachama is not retaleado, because its scales are as hard as armor, so it is cooked whole.

03

Once the fish is cut, it is seasoned with salt and chopped sacha culantro leaves, which helps impart a characteristic flavor.

04

Next, it is wrapped with bijao and guisador leaves, then tied with fiber or string. When it is enchipado (wrapped), it is placed over the fire for 20 to 30 minutes, depending on the heat and the size of the fish.

05

When it no longer releases water, it is ready to serve.



DID YOU KNOW THAT...

This dish should be accompanied with cassava, our daily food. The fish chipa is eaten using the leaf as a plate, because in the past we did not have the eating utensils that exist today.

It is possible to replace the boquichico and carachama fish with farmed fish, such as paco, but the flavor is no longer the same; it is not as natural, because it is raised in ponds and eats other foods.

This dish is not difficult to prepare and takes approximately one hour, depending on the time it takes to light the fire and the number of chipas being prepared.



FISH AND CASSAVA

These fish have always been the basis of our diet, since the time of our ancestors.



Fish and cassava are the foundation of our diet. There are two types of fish: the boquichico or chupadora, which is the most abundant fish and sustains the fishery in our Pichis River basin, and the carachama, a fish whose various species are found in our streams and rivers. But this resource has been decreasing, both in quantity and size, because of harmful fishing practices. The use of explosives and nets that do not respect minimum catch sizes affects the diversity of all fish.

We also have cassava, a food that we consume daily in our communities, and which comes from our chacras. Cassava, consumed in its different forms, is indispensable at our table, whether roasted, boiled, fried, or prepared as the fermented cassava beverage, which we call piarentzi (also known as masato).

Here we present cassava roasted over the fire without the peel (tyomirentzi), but it can also be roasted with the peel (tawacorentsi). Tyomirentzi is a way of preparing cassava so the food lasts longer, even more than a week. This way of consuming it is ideal when we go fishing or hunting for several days, or when we spend the entire day working in the chacra. It is a very traditional way of consuming cassava. In the past, our ancestors courted this way: the woman would prepare roasted cassava for the man and have him taste it. It was a sign of affection. It was part of our customs.

Recipe from and recorded by: Carmen Yolanda Castellanos Santos, Jocabet Cárdenas Sánchez, Clariza Ormacho Mariano, Marisol Shariva Pérez



Uchujaku

Chili porridge

Ingredients:

- 2 tablespoons of oil
- 1 white onion, finely chopped
- 6 pieces of lamb meat
- 3 liters of water
- 1 cup of uchujaku flour
- 1 cup of cooked hominy
- 1 teaspoon of salt (or to taste)
- 1 sprig of chopped cilantro or culantro (optional)

Kichwa Kayambi people, Ecuador



Significant ingredient
Seven-grain flour

PREPARATION

- 01** In a large pot, heat the oil and sauté the onion until golden and fragrant.
- 02** Add the 3 liters of water and wait until it boils.
- 03** Add the pieces of lamb to the boiling water and cook for 30 minutes.



- 04** In a separate container, dissolve the uchujaku flour in a cup of cold water, stirring well to avoid lumps.

- 05** Slowly pour the mixture into the boiling pot, stirring constantly to prevent lumps from forming. Cook over low heat for an additional 15-20 minutes, until the porridge thickens. Add salt to taste.

This flour is an ancient combination rooted in Andean agricultural wisdom and symbolizes agricultural diversity and respect for the knowledge of the Andean Kichwa peoples.

- 06** Incorporate the cooked hominy. Mix well for a few minutes.





DID YOU KNOW THAT...

Uchujaku is served hot in a deep plate or bowl and accompanied by a portion of toasted corn. It can also be served with half a hard-boiled egg cut into pieces, and just before serving, you may add chopped cilantro or coriander for flavor.

The lamb can be replaced with a piece of roasted guinea pig, which can be served on top of the porridge at mealtime. The preparation time is one hour.



SEVEN-GRAIN FLOUR

Uchujaku is a gruel whose main ingredient is seven-grain flour: corn, wheat, barley, fava beans, peas, lentils, and beans, with a pinch of cumin and achote (Bixa orellana) seed, although the mixture may vary depending on the community or family tradition.

All these grains are toasted and then ground to produce a flour with a deep, slightly roasted flavor and a texture that, when cooked, becomes a thick, comforting, and highly nutritious gruel. This preparation is traditional in the Ecuadorian Andes, primarily among the Kayambi people. Its name derives from the Kichwa "uchu," meaning chili or spicy, and "jaku," which relates to the act of cooking a thick gruel.

Nutritionally, uchujaku flour is rich in plant-based proteins, fiber, complex carbohydrates, iron, and B vitamins, making it a balanced and sustained source of energy. In times when processed foods dominate the diet, uchujaku represents a healthy, local, and sustainable alternative.

Its preparation requires time, knowledge of seeds, and techniques passed down through generations. It is a food born from collective labor and consumed in community, and it remains present in festivities, rituals, and communal celebrations, such as Inti Raymi, the festival of the sun, celebrated on June 21.

Recipe from and recorded by:
Mama Teresa Margarita
Ulcuango Colcha





Tzawar mishki with barley rice

Sweet agave syrup with barley rice

Ingredients:

1 cup of barley rice

1 liter of tzawar mishki

Kichwa Kayambi people, Ecuador



Significant ingredient
Tzawar mishki

PREPARATION

- 01 Boil the tzawar mishki in a large pot for 15 to 20 minutes.
- 02 Once the tzawar mishki is boiling, add the barley rice. As it boils, use a spoon or skimmer to remove the foam and the bran (residue or impurities) that rise to the surface.
- 03 Cook over medium-low heat, stirring occasionally, for about 40 minutes, until the barley is fully cooked and the liquid has acquired a slightly thick texture.



DID YOU KNOW THAT...

This dish is served hot or warm, in deep bowls, and is ideal as an energizing breakfast or traditional snack. It can be accompanied by serrano wheat bread, corn tortilla, or artisanal fresh cheese. The tzawar mishki should not be substituted, as it is the ingredient that gives the dish its identity.

If barley rice is not available, it can be replaced by quinoa, in the same quantity (1 cup), washed several times before adding it, as it is also a traditional Andean grain of great nutritional value. Its preparation takes 60 minutes.



AGAVE SYRUP

*Tzawar mishki is a natural nectar extracted from the Andean agave (*Agave americana*), a resilient and emblematic plant of the highland landscapes of Ecuador.*

In Indigenous gastronomy, tzawar mishki is cooked with barley, maize, or quinoa, giving rise to sweet and energy-rich dishes. One of the most traditional is prepared with barley rice, a grain widely used in the Sierra for its hardness and nutritional value.

The agave plant is also used to make ropes, textiles, roofs, and fences, so the comprehensive use of agave reflects a holistic and respectful vision of the environment.

This sweet sap is obtained by making an incision in the center of the mature plant to slowly collect the thick, sugary liquid that emerges over several days.

Since ancestral times, Indigenous peoples of the northern Sierra, such as the Karanki, Otavalo, and Kayambi, have valued tzawar mishki

not only as food, but also as traditional medicine, a ritual beverage, and a symbol of connection with the land. It is considered to have energizing, digestive, and purifying properties, and is also used as a natural alternative to sugar.

Recipe from and recorded by:
Mama Teresa Margarita
Ulcuango Colcha





Tree tomato chili

Ingredients:

- 110 grams of chili pepper
- 1 onion
- 3 scallions or spring onions
- 5 tamarillos (tree tomatoes)
- 4 lemons
- 3 sprigs of cilantro
- ½ cup of soybean oil

Ampiule people, Colombia



Significant ingredient

Tree tomato and hot chili pepper

26 Developed as part of the Territory, Food, and Life Project.

PREPARATION

01 The fruits and vegetables are washed, including the 5 tamarillos, 4 lemons, 3 scallions or spring onions, and 3 sprigs of cilantro.

02 The 3 stalks of spring onion and 3 sprigs of cilantro are chopped, and the onion is cut into thin strips (julienne).

03 The juice of two lemons is then squeezed through a strainer to remove the lemon seeds, and the lemon juice and salt are poured into a cup along with the onion. It is left to rest for 10 minutes so that the sharpness of the onion diminishes slightly.

04 The juice of the 2 lemons is poured into the mixture of scallions, onion, and cilantro.



DID YOU KNOW THAT...

This tree tomato chili is served in a soup bowl to be shared and enjoyed with dishes such as empanadas, stuffed potatoes, Swiss chard croquettes, among other foods offered at the Own School Food Shop at the Ambaló Technical Educational Institution, in the municipality of Silvia, Cauca. It is easy to prepare and takes 20 minutes.

Recipe from and recorded by²⁶:

Karol Valentina Ibarra Rengifo y Santiago Andrés Ibarra Sánchez.

TREE TOMATO AND HOT PEPPER

The tree tomato hot pepper sauce has its origins in the Andean region of South America, where the tree tomato is native. The combination of tree tomato with hot pepper and other ingredients has been used for centuries in the region's traditional cuisine. This spicy sauce is valued for its unique flavor and its ability to enhance the taste of various dishes. Over time, it has become an iconic element of Colombian and Ecuadorian gastronomy, and its popularity has led to it being enjoyed in other parts of the world.

The history of tree tomato hot pepper sauce reflects the culinary richness and the tradition of utilizing local ingredients to create extraordinary flavors. Without a doubt, it is a condiment that has left a significant mark on the gastronomic culture of the Andean region.



Kentu tsulak

Sango

Ingredients:

6 liters of water
 Toasted friano corn – 1 pound (450 grams)
 1 pound of lamb or mutton
 Fava beans - 1 pound
 Peas - 1 pound
 Ulluco (smooth potato) - 1 pound
 White potatoes - 1 pound
 Yellow potatoes - 1 pound
 Cilantro - 100 grams
 Thyme - 100 grams
 Oregano - 100 grams
 Scallions, 2 stalks, chopped fine
 Garlic cloves, 5, chopped fine
 Turmeric, a pinch
 Pepper, a pinch

Misak people, Colombia



Significant ingredient
Corn

27 Developed as part of the Territory, Food, and Life Project.

PREPARATION

01 Shell the dried corn and toast it in a pan for about 20 minutes. Allow it to cool, then grind it using a manual mill.

02 In a pot, bring 6 liters of water to a boil and add the meat, allowing it to cook for 30 minutes. Then add the finely chopped scallions and garlic, followed by the thyme and oregano.

03 Wash the white potatoes, yellow potatoes, and ullucos; chop them into medium-sized pieces and add them to the pot. Add the ground corn and stir constantly

04 Shell and wash the peas and broad beans, then add them to the pot. Add the pepper and turmeric. Allow the ingredients to cook and blend together until all the foods are cooked and the preparation thickens sufficiently.

Serve hot, accompanied with fresh cilantro and avocado.

DID YOU KNOW THAT...

Preparation takes 2 hours. The maize variety may vary depending on the territory, as may the vegetables. For generations, maize has been a sacred plant and our principal food. It is not only basic sustenance, but also holds profound spiritual significance and is a key ingredient in medicine, for cleansing, and for harmony. Thus, it stands as a symbol of life and a bond with the land.



As an ancient food, it has given rise to diverse traditional recipes that reflect its nutritional value, such as mote, soup, arepas, and chicha, which are used at different moments in Misak life. These dishes transcend the daily diet and embody culinary traditions passed down through generations.

Maize also represents the resilience of Indigenous communities in the face of challenges such as the arrival of transgenic seeds. Thanks to collective efforts, both its varieties and our cultural identity have been preserved.

*Recipe from*²⁷: Mamas Sabedoras de la cocina ancestral Misak
Recorded by: Yuli Andrea Yalanda, Dora Inés Calambas, Benilda Tumíña



Kaq Ik

Chunto broth

Ingredients:

One chunto or large turkey
 Garlic, 4 ounces
 Tree tomatoes, 2
 Achiote (Bixa orellana), 2 tablespoons in paste
 Tomatoes, 2 pounds (900 grams)
 Onion, 1/2 pound
 Salt, 5 tablespoons
 Red chili, 2 tablespoons
 Aromatic herbs: 1 bunch of cilantro, half a bunch of fresh oregano leaves, half a bunch of mint, 2 bunches of samat (habanero cilantro), 2 bunches of scallions
 For preparation the following are needed:
 Fire, firewood, large pot, ladle, water

Q'eqchi' people, Guatemala



Significant ingredient
Cilantro and red chili

PREPARATION

- 01** The large turkey is killed by cutting its neck.
- 02** First, the turkey is cooked with a little salt and sufficient water in a large pot. It is important to ensure that the water covers the meat, as it will boil and some will evaporate. This will be cooked immediately with the ingredients listed below.
- 03** Previously, the tree tomato, garlic, onion, tomato, and chili were roasted on a traditional comal (cooking griddle) and then blended with a little water. Now, add these ingredients to the broth.
- 04** Separately, chop the aromatic herbs, such as samat, mint, and oregano, and add everything together with a handful of salt. Add the achiote, which has been kneaded in a bowl with a little water.

DID YOU KNOW THAT...

Everything should be eaten hot, to enjoy the flavor, and the meat should be served in large pieces with tamalitos made from dough, or tortillas, to taste, accompanied by cacao as a traditional beverage. Onion can be replaced by scallion, and if tree tomato is not available, tomato can be used, but chili should not be omitted. Preparation of the ingredients takes half an hour and cooking approximately an hour and a half, depending on whether the chunto is young or mature.

Chunto broth is a dish that is culturally recognized by the Q'eqchi' people and has been declared cultural and intangible heritage of the nation since 2007, according to Ministerial Agreement 801-2007 of Guatemala.



- 05** After 1 hour, check the meat. If it is tender, the final ingredients, such as cilantro and oregano, can be added, and if it is well cooked, it can be removed from the heat and served in an artisanal clay cup.

Recipe from: Aproba Sank de la comunidad maya q'eqchi'

Recorded by: Brenda Xol



Xorb'il wa

Corn tortillas

Ingredients:

Maize, 5 pounds (2.25 kilograms)

Lime, a handful

Water, a medium-sized pot

1 bundle of firewood for the fire

Utensils: pot, spatula, grinding stone, griddle.

Q'eqchi' people, Guatemala



Significant ingredient
Maize

PREPARATION

01



Water is placed in a large pot and set over the fire. The maize is added, followed by the lime.

02

When it begins to boil, it is stirred with a paddle until the maize feels soft or tender and becomes nixtamal. It is then removed from the heat.

03

It is allowed to cool for at least half an hour and may rest for up to 12 hours. The nixtamal is strained and washed. It is then ground to make dough (using a grinding stone or motorized mill).

04

Tortillas can then be prepared using a grinding stone. A comal is placed over the fire, a little lime with water is added; it is left for about three seconds, then immediately dried to prepare the comal. The tortillas are then placed on it to cook.

DID YOU KNOW THAT...

The corn tortilla is an important accompaniment in traditional Q'eqchi' cuisine, as "without the tortilla, the meal is not enjoyed in the same way." It is not possible to replace a traditional ingredient with another that is more readily available. Preparation time is 30 to 40 minutes using a wood fire.

05

The tortillas are turned over as they cook, or when they puff up. They are removed to be eaten hot with the accompanying meal.

*Recipe from and recorded by:
Brenda Xol*



Ajojtawajwan

Chilacayote atole

Ingredients:

1 kilogram of nixtamal (corn precooked in water with lime)

1 chilacayote squash

2 piloncillos (concentrated cane sugar)

½ kilogram of corn dough (ground nixtamal)

Tenampulco and Zautla, Puebla, Mexico



Significant ingredient
Chilacayote squash

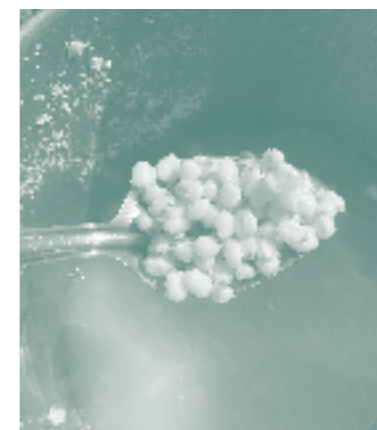
PREPARATION

01 Begin by placing a pot that will hold approximately 10 liters, and add five liters of water to start heating.

02 The nixtamal is washed until all the husk is removed and it is completely white. It is then added to the boiling water and left to cook for two hours.

03 Wash the chilacayote squash and cut it in half. Using an amaxkal (a scraper for maguey), scrape the squash to remove all the pulp and seeds, and place this mixture in a bucket or tray.

04 After two hours, the pulp and seeds of the chilacayote squash are added and left to boil for one more hour.



The chilacayote squash is one of the region's seasonal harvest products. It is not produced in large quantities, and its best-known preparation is crystallized chilacayote.



05 Once this time has elapsed, two piloncillos are added and the mixture is left to boil until they dissolve. While the piloncillos are dissolving, the nixtamal is ground on the metate until half a kilogram of dough is obtained.

06 It is then dissolved in a little water and added to the pot. Everything is stirred with a spoon to mix well, and it is left to boil for about 10 minutes, stirring continuously during this time to prevent the dough from sticking.

07 Finally, the pot is removed from the heat, allowed to cool slightly, and served as desired. Many of us enjoy serving it in, and eating it from, jícaras (gourds) made from the squash.

DID YOU KNOW THAT...

This preparation is an atole (a beverage) traditional to Indigenous peoples and is considered medicinal, as it possesses properties that help lower blood glucose levels. Besides being a refreshing drink, it is also quite filling.



Chilacayote atole is prepared starting in the month of November, when the chilacayote squash is ripe; after ripening, it can be stored for approximately six to eight months in a shaded place. Preparation takes approximately 3.5 hours: two hours for cooking the nixtamal, one hour for cooking the pulp and seeds of the chilacayote, 20 minutes for melting the piloncillo, and 15 minutes for cooking the corn dough. Difficulty is moderate, as the mixture can stick and burn if not stirred thoroughly when adding the corn dough.

Recipe from: Juana
Márquez Ortega
Recorded by: Cesder-Prodes





Goat barbacoa in an earth oven

Ingredients:

- 1 goat (approximately 14 to 19 kilograms), cleaned and cut into pieces
- 12 liters of water
- 1¼ kilograms of ground chileancho
- 5-10 chipotle chilis or smoked chili (optional, for a spicy touch)
- 100 grams of ground cumin
- 50 grams of ground cinnamon
- 50 grams of ground cloves
- 100 grams of garlic powder
- 100 grams of salt
- 20 grams of oregano
- 20 grams of thyme
- 20 grams of bay leaf
- 20 grams of spearmint
- 12 liters of clean water
- 250 grams of dough (to seal the lid of the pot)

Xopanaco Community, Zautla, Puebla, Mexico



Significant ingredient
Goat

PREPARATION

01



Before sacrificing the animal, all the ingredients must be prepared to make the chili, with which the meat will be marinated before placing it in the oven.

02

Once the animal has been sacrificed, the carcass is cleaned, hung, and covered with a cloth or mesh to protect it, and it is left to rest for 8 to 12 hours to dry the meat, so it will absorb the marinade mixture.

This dish is popular in the Zautla region and is served at family gatherings, weddings, baptisms, confirmations, birthdays, and memorial anniversaries.

03

After the resting period, the meat is sliced into pieces of the size desired for serving to the guests.

04



In 12 liters of water, the powdered chileancho, chipotle if desired, and a powder made from all the condiments (cumin, cinnamon, cloves, garlic) are added, along with the 100 grams of salt, and the mixture is stirred until it is homogeneous.



- 05** Before placing the chili and meat in the pot, a film of lard must be applied to the inside of the pot to prevent the meat from sticking. The meat is then placed in the pot, and the pot is filled with the mixture, leaving an air space between the liquid and the pot lid. The herbs—oregano, thyme, and mint—are tied together in bundles, and placed in the pot along with the bay leaf. The pot is then covered and left to rest for at least 12 hours before being placed in the oven.

DID YOU KNOW THAT... *This dish should be served hot and accompanied with rice, beans, and handmade corn tortillas.*

Preparation is highly complex, because it must reach the exact point of doneness; if heat is insufficient, the food could be undercooked; in the worst case, it could be burned because of excessive heat.

Preparation of goat barbacoa can take several hours, as it involves slaughtering the animal, cleaning the meat, toasting and grinding the chili and seasonings to marinate the meat, and then cooking it slowly over low heat. Total time required for preparing the dish is five to six hours, not including the resting periods or the cooking time, as these are considered waiting periods.

- 06** To heat the oven, 50 kilograms of oak firewood are arranged and lit. When the fire is hot enough, volcanic stones are placed over the fire to heat them. The oven heating process ends once the firewood has been consumed and smoke no longer emerges. The stones will be redhot among the embers, an indicator that the oven is ready for the pot to be placed inside.

- 07** Once the pot is arranged in the oven, the lid (cajete) is filled with water and the oven is covered by placing the previously moistened wooden boards over it and covering it with cardboard or a metal sheet. A layer of earth is then placed on top to prevent heat loss. Cooking time is measured beginning at that moment: three and a half hours for a young goat and four hours for a mature animal.

- 08** When the time has elapsed, the earth is carefully removed and the oven is uncovered. The pot is removed and carried to the place where the food will be served.



THE GOAT

Goat meat is a traditional food in many communities of the region. Its use in celebrations and festivities reflects its cultural and symbolic value. On these occasions, dishes prepared with goat meat are often a means of bringing families together and strengthening community ties.

Each region may have its own way of preparing it. In the Zautla region, it is cooked in a traditional underground oven. This cooking method enhances the flavors of the meat and the seasonings with which it is prepared.

Raising goats provides an additional source of income for small farming families in this region. Goats require fewer resources than other livestock for their upkeep. They can feed on a variety of plants and adapt to different climatic conditions, making them ideal for inclusion in the backyard areas of Family Production Units.

Recipe from: Hilario Pérez Cruz

Recorded by: Cesder-Prodes