

## Gastronomy of Mexico - A Feast For The Senses 6 Days, 5 Nights

Mexico has a remarkably powerful indigenous ancestry. As a result, it's one of the world's most captivating yet subtle cuisines. Contrary to popular belief, there is no singular, monolithic "Mexican food." The dishes of this fascinating country are diversified by region, each as unique and distinctive as the area and its people. Throughout time, traditional regional dishes have come to represent unity, identity, and the foundation of a heritage.



### Tour Breakdown



#### DAY 1 - THURSDAY

Arrival at the International Airport of Mexico City, transfer to hotel for greeting/hotel registration. Tour members will arrive individually throughout the day. Gather tonight at the rendezvous spot that all Mexicans are familiar with- see you at The House of Tiles' Sanborn's downtown for the first introduction to the multitude of choices in Mexican cuisine.

#### DAY 2 – FRIDAY (BREAKFAST AND LUNCH INCLUDED)

At the southern tip of Mexico City, visit Xochimilco, designated by UNESCO as a World Heritage Site, reflecting the sustainable example of Pre-Hispanic land use in its chinampas. The 16th century church and former monastery of San Bernadino de Siena, a designated national monument located off the main square, still serves as the social center for the town. Right across the plaza is the Mercado of Xochimilco, with an endless supply of local ingredients whose use dates from pre-Hispanic to present time. Navigate through the tranquil canals of Xochimilco to learn about the construction and use of the chinampa, land that was 'created' from the canals. After a typical local meal, join in the hands-on demonstration to create and plant more area in the chinampa.

#### DAY 3 – SATURDAY (BREAKFAST AND LUNCH INCLUDED)

A visit to the National Museum of Anthropology, one of the most important museums of its type in the world, provides insights into the culinary past of the Maya and Azteca. Leap back to the present with a visit to a panadería (bakery) and its sweet delicacies. The buffet lunch in the historical district in the Zocalo area will provide a colorful banquet of Mexican dishes and then visit the National Palace with its Diego Rivera murals, the Metropolitan Cathedral, and the Templo Mayor. Relax at the Museum of Tequila and Mezcal, while you taste and learn about Mexico's most famous drink as the Mariachis stroll outside in Garibaldi Square.

#### DAY 4 – SUNDAY (BREAKFAST AND LUNCH INCLUDED)

The morning is full of music and dance at the renown Ballet Folklórico de Belles Artes. Today's lunch will be in the quaint colonial neighborhood of Coyoacán, where both the menu and the setting are delightful. Visit La Casa Azul, family home to Frida Kahlo, as well as Diego Rivera and occasional visitor, Leon Trotsky. Stroll through the cobblestone streets to the lively plaza with its cafes, ice cream spots, art displays, bohemian atmosphere, and the beautiful church San Juan Bautista. Your choice for where you continue to indulge in personal cravings.

#### DAY 5 – MONDAY (BREAKFAST AND LUNCH INCLUDED)

Today is for a more formal 'education' in Mexican gastronomy. Located in the historic district, in the beautiful former Convent of San Jeronimo, is the University of the Cloister of Sor Juana, a four year private university that offers a degree in gastronomy, among others. The modern kitchen classroom will be used for a presentation on 'Mexican Cuisine throughout Time', along with a demonstration of food preparation. The taste, the smell and the visual beauty of the meal served in an elegant setting within the university where the students demonstrate their talents cooking and serving and educating the diners will delight your senses. A special farewell gathering ends our perfect day.

#### DAY 6 – TUESDAY

Transfer from Hotel to airport for return home.

