



MEXICANA VEGANA FACT SHEET



Distinctive Mexican spices and herbs

Spices

- Cumin
- Chipotle & Ancho Chilli Pepper
- Black Pepper
- Vanilla
- Clove

Herbs

- Oregano
- Garlic
- Onion
- Coriander
- Bay Leaf
- Epazote
- Pápalo (herb)
- Hierbasanta or hoja santa - herb used for moles & tamales, very aromatic (use sparingly)



Essential chillies for Mexican cooking

Fresh

- Jalapeño
- Serrano
- Habanero

Dried

- Pasilla
- Guajillo
- Chipotle
- Morita
- Ancho
- Poblano chilli



Mole

Mole is the original word for "sauce" - "guacamole" = "sauce of avocado"

Raw mole

Used as a topping to accompany tacos, salads, or a protein

Cooked sauces

Mixing different ingredients with chillies is "new Mexican" cuisine (e.g. plum, or mangos chilli mole)

Dairy-free, plant-based moles made with nuts

Most common nuts and seeds used in vegan moles include peanuts, almonds, walnuts, pumpkin seed, pine nuts, cashews and pistachios. An amazing variety of moles (sauces and dips) can be found in Vegan Mexican cuisine all over the world, including avocado pistachio crema, tamarind-ancho dip, poblano salsa, cashew crema, herb salsa verde, poblano tomatillo salsa, cucumber pico de gallo, mole almendrado, salsa macha.

