



Your Mexican grocery list

Refer to this list whenever you are at the grocery store and/or when planning which ingredients to buy for preparing your Mexican recipe.

The list is divided by the different sections usually found at a supermarket.

Produce Section

Herbs

Mexican herbs are essential for the correct seasoning of diverse dishes. Among the main ones are:

- Cilantro
- Epazote. Usually found fresh and dry only in Latin supermarkets.
- Mint
- Oregano. Dry or fresh are both good options.
- Parsley

Fruits

- Limes
- Avocados
- Tomatillos
- Tamarind

Vegetables

- Tomatoes
- Onions
- Garlic
- Mushrooms. Great meat substitute for vegetarians and vegans.
- Chiles. The most common ones ranked from least to most spicy are:
 - Bell peppers
 - Poblano
 - Jalapeño
 - Serrano
 - Arbol
 - Habanero



Perimeter Section

Bakery

- Flour Tortillas. Ideal for your burritos and tacos.

Meat section

The main types of meats and the most common parts of each type of meat used in Mexican cuisine are:

- Chicken - breasts, thighs and legs
- Pork - pork shoulder or pork loin
- Beef - flank steak or skirt steak. Ideal for preparing tacos.

Fridge section

- **Cheese.** The most common types of cheeses in Mexican cuisine are:
 - **Panela.** It has a neutral taste, doesn't melt, has a firm texture which makes it ideal for salads and soups.
 - **Oaxaca cheese.** Perfect for preparing quesadillas.
 - **Cotija cheese.** Has a hard, granular texture and salty taste. Does not melt. It crumbles down very easily. It's ideal for whenever you want to sprinkle a cheesy, salty taste on your dishes.
- **Mexican crema.** Has a very tangy taste. Most commonly found in Latin markets. A great substitute for it which is found in most general grocery stores is crème fraiche.
- **Corn tortillas.** Ideal for tacos, quesadillas, enchiladas, etc.

Center area of the store

Grains

- Rice
- Amaranth



Grains

- **Beans.** If you have the time, always opt to buy dry beans and cook from scratch. However, canned beans are also a good option. I always prefer the Organic canned beans. The most common types of beans used in Mexican cuisine are:
 - Black beans
 - Pinto beans
 - Lima beans

Flour

- **Masa harina flour.** In my experience, the best masa harina flours in the market to prepare your own corn tortillas as those of **Bob's Red Mill** and **Maseca**.

Spices and Condiments

- Vanilla extract or essence. Use the extract whenever possible.
- Cumin seeds or ground
- Coriander seeds or ground
- Allspice
- Cinnamon sticks or powder
- Cloves
- Chocolate
- Dry chiles - most popular ones in Mexican dishes are:
 - Ancho
 - Pasilla
 - Guajillo
 - Chipotle
- Achiote or annatto paste. It's a condiment with an earthy, tangy taste. It's essential in the preparation of the Cochinita Pibil.

Canned Food

Canned beans and sauces overflow the supermarket aisles. As I always recommend, it's best when you prepare your own. However, the one I always buy is canned Chipotle in Adobo sauce like the one from **La Costeña** brand.