

Mexican Restaurants Woodland Hills- Where Do You Want to Eat Tonight?

Keywords: Mexican restaurants woodland hills, Mexican dinner menu, tequila bar drinks

It's often difficult for people like us who live outside Mexico, to know how a real traditional Mexican food tastes, thanks to the fake, fast food all around us. Claiming to be Mexican.

Mexico has a rich culinary tradition mostly dating back to hundreds of years. Many of Mexico's more traditional recipes hail straight from the Aztecs and the Mayans.

If we wish to connect to the original food eaten by the Aztecs/ Mayans and what is consumed even now in Mexico following the same ancient culinary tradition, we need to learn a bit about the food habits of those old people.

The Original Mexican Dishes Eaten Even Now

Food

Many of the staple food eaten today in Mexico right from the archaic time consist of maize (corn), beans, avocados, squash, chillies, and tomatoes (though the tomatoes used now are of a different variety from those eaten pre-European period).

Nopal is a common name in Mexico for a cactus called Opuntia. Even now it is used as a common ingredient in numerous Mexican dishes.

The Mexican staple, the **Tortilla**, is still prepared much the same way. Maize, and lime, cooked on a stone slab.

So far as the **meet** goes, deer, rabbit, duck, and other birds were eaten in Mexico. Many of the meats eaten today in Mexico were introduced by the Spanish.

Axolotl, a type of salamander, was eaten during the pre-Spanish period and many contemporary Mexican restaurants serve it. Same goes with **Turkey**.

Grasshoppers and the maguey worm are the two creatures that were probably eaten by the Aztec. They are eaten even now.

Much of the traditional Mexican food is prepared the same way.

Chilli peppers and salts are the chief ingredients of any Mexican food. Even Mexican dessert contains chilli to make it hot and sweet.

Drink

Octli or Pulque as it is called, is an alcoholic beverage prepared from the Maguey plant enjoyed till date as the Aztecs did, though rarely available now due to the conservation rules.

Tole or Atolli, also known as **atol** / **atol de elote**, is a traditional hot corn and dough mixed beverage of Mexican origin and cherished even now . Chocolate atol, known as champurrado or atole is very popular and uses the same ingredient as before though chocolate was a European introduction to Mexico. It is typically served with Tamales (again a traditional Mexican dish made from corn dough).

A bitter drink called Xocolatl was popular among the Aztec elites . The Spanish introduced sugar which led to the sweet chocolate atole and spiced hot chocolate today's favourite.

The European Inclusions In Mexican Courses

The major European contribution to the traditional Mexican food was chicken, beef, pork, cheese, garlic, onions, and rice. These became the ingredients of the typical Aztec cuisine. The cheese quesadilla (cheese and tortilla), Chapulines (grasshoppers, garlic and lemon juice) are the examples.

There has been a modification in the cooking style too. For instance, the above-ground oven is a European style cooking system.

Now that you have an idea of the original Mexican cuisine and the present variation, if you are looking to dine at a place that serves real Mexican food, [Mexican restaurant Woodland Hills](#) would be your best bet.

The modern, full-service Mexican restaurant Woodland Hills with its architecture, design, relief work and the carvings brings a modernized atmosphere of the ancient Maya civilization.

The made to order Guacamole maintains the same standard as the first guacamole created by the Aztecs. The ingredients are the same. The freshest quality of tomatoes, maize, cocoa, tomatillos, beans, epazote, avocados, and chillies. Even the coffee served blended with Cinnamon, Piloncillo, and a squeeze of citrus is outstanding.

Tequila Bar drinks include a complete line of 100% agave tequilas, mixed tequila drinks, spirits, beers, and wine. Favorite cocktails, like Mojitos, Martinis, Pina Colada are also available at Tequila Bar drinks.

The Mexican dinner menu includes various types of Tacos. Pork tacos with cochinita pibil sauce, suadero tacos with a simple salsa, cilantro, onion. Chicken tacos, chicken tostadas, veggie tostadas, quesadillas, gorditas, blue corn gorditas too make up the menu. Stuff the gorditas with chicharrones or potato and chorizo, or make them veggie with zucchini and cheese.

Some delicious home made desserts like Churros rolled in cinnamon sugar and served with Cajeta sauce, Flan, the Mexico's version of a classic dessert combining the flavors of vanilla and caramel, Crepas Con Cajeta an authentic Mexican dessert are only a few that make up the [Mexican dinner menu](#).

Mexican restaurant Woodland Hills could be an original Mexican night hang out if your soul is craving for some bona fide Mexican dinner.