

Mayan Foods

CORNUTS One of the staples of Native Americans was parched corn. It was said that it could feed a native with nothing else but water for weeks. It was used when no game was found. The best way to describe parched corn--it is comparable to half-popped pop corn kernels or corn nuts. This corn could be eaten as is or boiled into a porridge. It was also added to stews. It could be ground into flour, boiled in water like a mush then eaten as is or fried.

CHOCOLATE Analysis of residue from a ceramic "teapot" suggests that the Maya, and their ancestors, may have been gobbling chocolate as far back as 2,600 years ago. Before chocolate was a sweet candy, it was a spicy beverage. Some of the earliest known chocolate drinkers were the ancient Maya of Central America. The Maya mixed chocolate with cornmeal, chile peppers, honey, and water. They poured this concoction from cup to bowl and back again until a nice, thick layer of foam formed on top.

POPCORN In 1519, Cortes and his explorers got their first sight of popcorn when they invaded Mexico and came into contact with the Natives. Popcorn was an important food for the Indians, who also used popcorn as decoration for ceremonial headdresses, necklaces and ornaments on statues of their gods. Also, in ceremonies honoring the Native Americans' gods who watched over fishermen, they scattered before him parched corn, called *momochitl*. It was described as a kind of corn which bursts when parched and discloses its contents and makes itself look like a very white flower. They said these were hailstones given to the god of water.

JUMEX juices and nectars, an authentic Mexican product made from the delicious tropical fruits of the rain forest.