

**PDXCW**

**MEXICAN FERMENTED DRINKS:  
MAGIC BEYOND KOMBUCHA**

**HABA FLORES**

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## In this class...

- Fermented drinks in Pre-Columbian era
- Consumption during Colonial Mexico
- Health benefits
- Classic mexican fermented drinks
- DIY: Tejuino and Tepache

# Fermented drinks in Pre-Columbian era

- Intoxicating drinks, consumed by monarchs, warriors, priests and elders.
- Ancient Mesoamerica
- Gifts of the gods, to “cheer up the days”



## Fermented drinks in Pre-Columbian era

- Ritualistic: Connection with gods; aguamiel extraction relation with lunar cycles
- Duality in spiritual: *Mayahuel*, *centzontotochin* with plant; fertility. *Pahtécatl*, *pulque*, virility]

# Fermented drinks in Pre-Columbian era



## Consumption during Colonial Mexico

- 1529: After *La Conquista*, pulque and other drinks are prohibited, to enhance wine consumption.
- Dangers in drinking: hollyoak, *acacia angustissima* [*palo de timbre*] or even peyote to enhance fermentation [hence, *raicilla*].
- Minorities drink of choice.
- XVIIth Century. Philippines arrive to Pacific area, teach to produce tuba in Jalisco, Colima and Guerrero.



ROUTE: Phillipines to Mexico

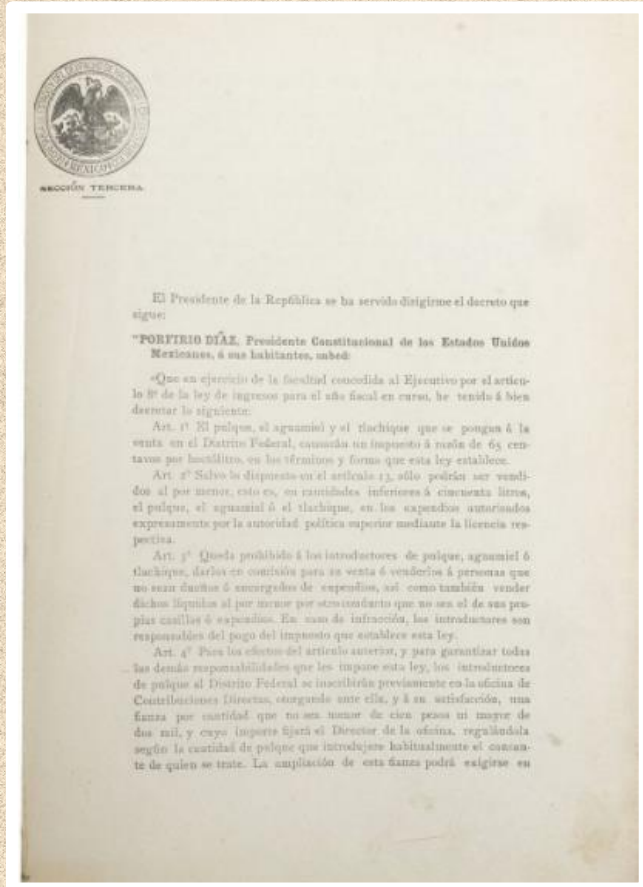


Pulquería

## Consumption during Colonial Mexico

- 1654: First taxes for selling and customs.
- First cantinas: italian *cantare*.
- 1672: First register of places called *pulquerias*. Assorted fermented drinks.
- 1841 - 1920: 1040 *pulquerias*
- 1845: Arrival of german immigrant. Boom in beer consumption.





**Porfiriato decree of pulque taxes**



**Cantina la Occidental, legacy**

## Health benefits

- Natural probiotics
- Favours digestion
- Nutritional supplements
- Protects intestinal flora
- Reduces insomnia
- Pulque: Diuretic, and good vs anemia
- Tejuino: Relief for stomachaches
- Tepache: Improves intestinal function

# Classic mexican fermented drinks

- Colonche
- Tuba
- Pozol
- Tepache
- Tejuino
- Pulque

# Colonche

- Popular in Bajio area
- Made with tuna or pitahaya
- Added with grain spirit, sugar, cinnamon, fig leaves
- Ritualistic for celebrating August and September harvesting

# Colonche



Final drink



Tuna Cardona

# Tuba

- Made with coconut palm sap
- Incisions in *espatas*. 3-4 day before extraction
- Other byproducts: palm vinegar, *vino de coco*
- Intervened with other ingredients..



Espatas de palma

# Tuba



Peanuts and fruits to  
“cure” the tuba



*Bule* to keep the tuba  
fresh

# Pozol

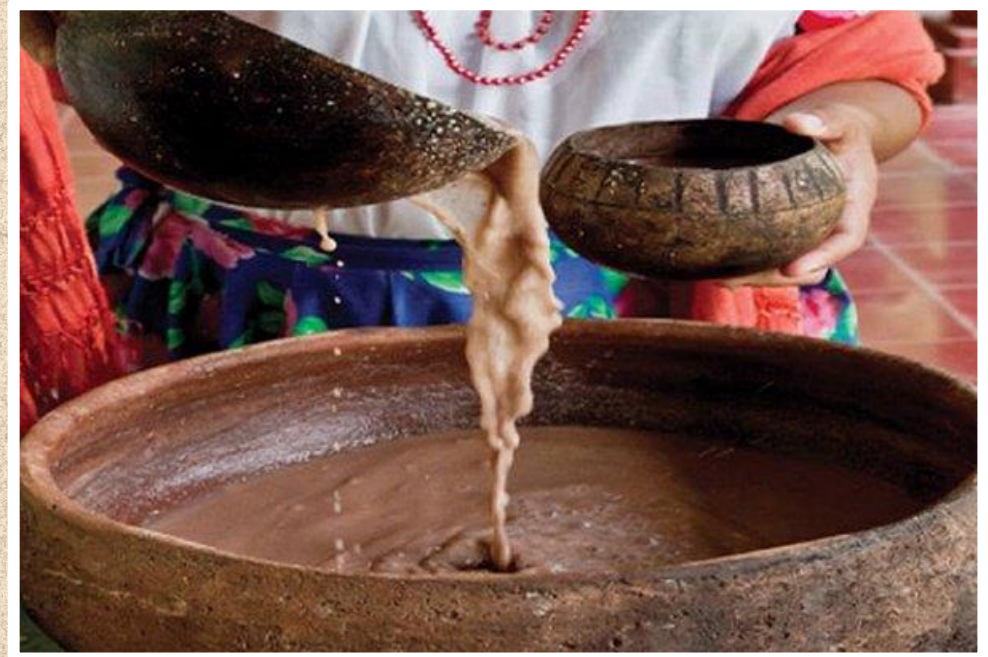
- *Hervido o espumoso.*
- Tabasco, Chiapas
- Maize dough paste
- Fermented in *pozol* leaves
- Intervened with different ingredients.
- Diluted *á la minute*



# Pozol



**Fermented paste w' cacao**



**Prepping the delicious drink**

## Tejuino/Tesgüino

- Maize dough based
- Pacific Bay area
- Tejuino: short fermentation
- Sweetened with cane juice, fruit or added with lime, wheat grains
- Tesgüino: long fermentation, not sweetened

# Tejuino/Tesgüino



In every corner in Jalisco



With beer is a delight  
[Chejuino]

# Tepache

- Related to tejuino and tesgüino
- Produced previously with maize, now with fruits
- The most common: Pineapple
- Sonora, Oaxaca, Veracruz

# Tepache



Sustainable, anyone?



Light or dark..?

## Pulque

- Quintessential mesoamerican drink
- Obtained from *Agave Salmiana* sap
  - Also known as: cimarrón, manso, pulquero, verde, aguamielero
- 5 to 15° abv. First days aguamiel, pulque afterwards [10-15 days tops].
- 10 to 12 yr old agaves.
- Capado: to scrape 3-6 months before extraction.
- Yield: 4 to 6 liters a day, per 6 months

# Pulque



Scraping to induce sap to form



Tlachiadero with acocote

# Pulque



**Extracting the aguamiel with acocote**



**Toros or containers**



## Dying legacy

- Few families that still produce
- Lack of agaves and biodiversity
- Little profit from production
- Plant dies after extracting aguamiel
- Distilled spirit from pulque: Nuevo León [Destilado de maguey], Comiteco [similarity; *A. Americana*], destilado de pulque.
- Preserved by bartenders



**Mural de los bebedores, Cholula, Puebla**

# Recipes!

- Tejuino recipe
  - Chejuino [classic GHN recipe]
    - Juice of 1 lime
    - 1 bsp salt
    - 4 oz tejuino
    - Top with beer [light beers work great]

# Recipes!

- Tepache recipe

## Cotorro [junglebird twist]

- 1 ½ oz tepache
- ½ oz lime juice
- ½ oz Ancho Reyes
- 1 oz Espolón Blanco
- Soda
- ⅓ oz Campari

Pulque de las verdes matas  
Tu me tumbas  
Tu me matas  
Tu me haces andar a gatas...





**Tlazohcamati!**

**See you in Mexico, soon!**

**Stay safe!**