



MEXICO

Tastes of Mexico

*A regional Mexican favourite, shared with our
Kitchen Corps community*

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REGIONAL RECIPE

The Food of Mexico

Mexican cuisine is rich, regional, and full of colour. From the moles of Oaxaca to the seafood of the Pacific coast, every region has its own specialities — layered with history, spice, and a bold love of flavour.

One much-loved tradition is sopa de lentejas — lentils simmered with aromatics and, in coastal regions like Acapulco, a touch of sweet pineapple. The recipe on the next page is a favourite shared by our team.

Tacos

Mole

Sopa de Lentejas

Lentejas con Piña

Mexican lentils with bacon & pineapple

A warm, sweet-and-savory lentil stew from Mexico's Pacific coast.

SWEET &
SAVOURY

ONE POT

6-8
SERVES

*¡Buen
provecho !*

INGREDIENTS

- 285 g (10 oz) lentils, rinsed
- 240 g (8.5 oz) pork, cubed
- 55 g (2 oz) bacon, chopped
- 1.2 L (5 cups) chicken or vegetable broth
- 155 g (5.5 oz) pineapple, cubed
- 130 g (4.5 oz) onion + 130 g carrot, chopped
- 85 g (3 oz) bell pepper + 130 g tomato, chopped
- 2 garlic cloves, minced
- 3 tbsp vegetable oil · salt & pepper
- Fresh cilantro, chopped, to serve

METHOD

1. In a large pot, heat the oil and crisp the bacon until golden.
2. Add the onion, carrot and bell pepper; cook until soft (the sofrito).
3. Stir in the tomato and garlic; cook until it breaks into a base.
4. Add the lentils and pork with the broth; bring to a simmer.
5. When halfway cooked, season with salt and pepper; simmer until tender.
6. Stir in the pineapple; taste and adjust seasoning.
7. Ladle into bowls and top with fresh cilantro just before serving.

✦ A speciality of the Acapulco region, this dish balances earthy lentils with sweet pineapple — a sweet-and-savory combination loved across Mexico. Omit the pork for a vegetarian version.



WORLD CENTRAL KITCHEN

Thank You

A plate of food is a plate of hope. Thank you for bringing the flavours of Mexico to your table.

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