

# Azteca Cooking Classes

Real Mexican Food, Real History

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**¡Hola! My name is Hugo – welcome to Azteca Cooking Experience.**

For over 30 years, I've been sharing the richness of Mexican cuisine with people from all walks of life. My 3-class series forms a complete journey through the roots, traditions, and flavours of Mexico. These classes aren't just about recipes — they're about culture, language, and connection.



## Class 1: Mexican Staples – The Foundation

Learn how to make:

- Pico de Gallo
- Guacamole
- Tortillas
- Sopas
- Salsas
- Quesadillas

This class is the backbone of Mexican cuisine. We go step by step, and I include extra tips and mini-recipes throughout. You'll understand how core ingredients interact — like how adding Pico de Gallo to avocado makes guacamole, or how tortilla dough becomes sopas and quesadillas.

**Perfect for:** Schools, Spanish classes, team building, family gatherings, birthdays, hen/stag parties.



## Class 2: Mole Enchiladas – The Soul

We build on the knowledge from Class 1 and dive into deeper flavours:

- Mole enchiladas using your handmade tortillas

- 20+ types of salsas
- Mexican rice from homemade stock
- Refried beans with herbs and onions

This class clears up the biggest mole myth: it's *not* “Mexican chocolate sauce.” Mole is a rich, complex celebration of ingredients — chillies, nuts, seeds, spices, and yes, cacao in small amounts. It's deeply tied to Mexico's Independence era and served at our most meaningful celebrations.

## Class 3: Tamales – Tradition Steamed

In this class, you'll:

- Make tamal dough (based on Class 1)
- Choose your own salsa + filling combo (meat or veg)
- Wrap in corn husks or banana leaves
- Steam and enjoy!

Tamales are one of the oldest Mexican dishes still made today. We honour the method, the story, and the joy behind every tamal we unwrap.

## Why Three Classes? A Historical Journey

Each class represents a key period in Mexican history:

- **Class 1** – Precolonial (Aztec): Native ingredients and techniques
- **Class 2** – Independence Era: Mole's birth and national identity
- **Class 3** – Modern Mexico: Tradition in today's world

