

Tamales record southern Region State of Yucatan

Registro de tamales Región sur del Estado de Yucatán

ZARZA-AMADOR, Karol†*, CAJUM-KÚ, Francisco Rodolfo and SANTOS-CHUC, Joab Jediael

Universidad Autónoma de Campeche Av. Agustín Melgar S/N, Col. Buenavista C.P. 24039 Campeche, Campeche

ID 1st Author: *Karol, Zarza-Amador* / ORC ID: 0000-0002-7647-6326, Researcher ID Thomson: S-8662-2018, CVU CONACYT ID: 733698

ID 1st Coauthor: *Francisco Rodolfo, Cajum-Kú* / ORC ID: 0000-0002-3202-5881, Researcher ID Thomson: S-8669-2018, CVU CONACYT ID: 733670

ID 2nd Coauthor: *Joab Jediael, Santos-Chuc* / ORC ID: 0000-0002-0997-136X, Researcher ID Thomson: S-8685-2018

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Abstract

The tamale is an endemic food of Mexican gastronomy and nowadays a standard Yucatan cuisine, esta being the support of many families versatility and STI Because of flavors, the use of various ingredients, as much as products and techniques Brought from the old continent; Also on wich culinary techniques and utensils from the mayan Community, Have Been Adapted. They are made to hold the hard work and long days, Also for festivities or traditional parties. The tamal has many changes Suffered Since its origin, changes That Have Been influenced by other continents's cuisines, the ones That Brought Them With a variety of products That came to stay, products like achiote, oils, wheat flours, and many others. The Ones That Have Been perfectly accord to dress and potentiate the delightful flavor of every Already Existing variety of tamale.

Tamal, Endemic food, Yucatan, Cuisine

Resumen

El tamal es un alimento endémico de la gastronomía mexicana y estandarte de la cocina yucateca en la actualidad, siendo este sustento de muchas familias por su versatilidad en sus sabores, uso de diferentes ingredientes, así como de los productos y técnicas traídas del viejo continente; las cuales han sido adaptadas desde los tipos de cocción e instrumentos de elaboración propios de la comunidad maya. Elaborados para un diario vivir y resistir las largas jornadas de trabajo, así como para festividades, fiestas patronales o tradicionales. El tamal ha sufrido cambios desde su origen, estos influenciados por cocinas de distintos continentes, las cuales trajeron consigo variedad de productos que llegaron para quedarse como el achiote, aceites, harinas de trigo, entre otros. Los cuales han sido sincronía perfecta para aderezar o potencializar el ya de por si exquisito sabor de cada una de las variedades existentes de tamales, siendo la región sur del estado de Yucatán el elegido para comenzar con un “Registro de tamales región sur del estado de Yucatán” que si bien no será algo definitivo en su contenido, pero si un acercamiento a un sin fin de preparaciones que se elaboran en el estado.

Tamal, Alimento endémico, Cocina yucateca

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* Correspondence to Author (email: chefkarolzarza@gmail.com)

† Researcher contributing as first author.

Introduction

Registration tamales in the southern region of the state of Yucatan is the collection, rescue and dissemination of technical laborarlos preparation, ingredients that make up as well as the similarities of each; framing processes for their realization. Given the identity of each region that produces, dates for implementation or circumstances for processing according to the tradition that frames the food culture in Yucatan, and the emphasis that religion which influences many uses and customs for making these based on the criteria. To carry out the registration will start from villages in the southern region of the state taking as reference points the most representative villages. Such research will be used as regional criminal record, to store in the culinary history of the Yucatan. Within emerging needs in culinary research are the need to have records of each and their cultural and religious distinctions and thus spread the structure of each of them.

The importance of this research is based on the need to show and promote the importance of the traditional gastronomic culture to tenants, such as followers of Yucatecan mestizo cuisine, with the focus of traditional cooks (as) preparations that characterize the benefits of use of each ingredient being El Maiz the protagonist for the elaboration of these in a great majority. Traditional Yucatecan cuisine has established guidelines if traditional cuisine is spoken, although each region has similarities in its preparation and preparation, you also have abysmal characteristics for its execution. Culturally Yucatan has chefs (as) who have been formed mostly culturally with ideals for the preservation of their recipes. However, they have undergone changes for generations to come, which have involved many ingredients and their elaboration, since they have had to find a way to elaborate them since their ancestors have taken many of these recipes to the grave or simply do not share the same. need or the pleasure to communicate their culinary knowledge.

The state of Yucatan has great professional chefs and amateurs who have made the Yucatecan gastronomy a national emblem, which mostly lacks research that allows its disclosure, because there are no records and no background that can mention them.

In the Yucatecan collection there are books for the preparation of the most characteristic such as chicken mucbil, tamal strained, tamales torteados, arm of queen, to name a few, however these do not have a historical sustenance or indicate the origin of their emergence or regions that they elaborate, these investigations show generalities of Yucatecan cuisine recipes but without a theoretical support able to collect and disseminate about cuisine to the region and typical of the gastronomy that allows enriching the culture of the Yucatecan population and not pockets. Maintaining standardized recipes and recreating them at the foot of each chef would be like saying that we can have cooking processes framed by times, quantities and units of measure, taking into account that traditional Yucatecan cuisine is mostly structured by people belonging to the Mayan culture.

Which according to INEGI for 2010 the Mayan speaking population oscillates between 30.3%, making the list of ingredients are similar or written the Mayan language [1], using as units of measurement or elaboration processes typical of traditional Yucatecan cuisine, language that is translated into Spanish even though it is sometimes difficult to understand, mostly idioms, which is far from a technical language used in professional cooking.

Mexican cuisine has been recognized since 2010 as Intangible Cultural Heritage of Humanity by the United Nations Educational, Scientific and Cultural Organization (UNESCO) [2]; this mention has set the tone to enhance and generate greater competitiveness within the specialties than in the gastronomic field.

A record is an acknowledgment of a certain situation that is considered relevant. The term may refer to a large number of circumstances that have in common the fact of leaving settled a specific phenomenon with its specific characteristics in order that there is knowledge about it for third parties or for a control [3].

Yucatan converges the wine culture, chocolatiers, artisans, restaurateurs and hospitality from a gastronomic perspective. They have pointed to Mexico as one of the world's destinations with the greatest influx, from its beaches, towns, to its great cosmopolitan cities.

Giving rise to greater opportunities and capacity for local and national economic development, which according to the statement 47 - Mexico's tourism activity recorded historical figures during the first quarter of this year, a period in which more than 10 and a half million people visited some destination of our country. Only in the month of March the flow of international tourists added four million tourists, reported the Ministry of Tourism (Sectur) of the Government of the Republic [4].

And only in Yucatan in the first quarter of 2018 according to data from the DataTur Hotel Monitoring Program, the main tourist centers of the State registered a total of 752,872 tourists-night, of which 80.3% corresponds to national visitors and 19.7% to international visitors, with an average visitor stay of 1.70 nights [5].

Making Yucatan one of the tourist destinations to visit the country, for its historical, cultural, gastronomic and fine arts. Appearing as one of the states with greater security and gastronomic richness influenced by the Mayan and emerging culture of the European continent, which positions it to be visited.

That said, the gastronomic panorama highlights the food culture of the state, framing its peculiar ingredients and uses; giving guidelines to the registration of tamales being these the basis of the Yucatecan diet, because neither socioeconomic status has prevented the consumption or deterioration of these preparations, which have been equal or compared with dishes from kitchens such as the French one due to its elaboration time, complexity, versatility and harmony of flavors.

Tamale cooking techniques

Techniques before the conquest:

Roast:

Directly with the coals, or using the comal as a diffuser of heat, or in the ash or in underground ovens (barbecue or pib).

Boil:

Cook in a bowl with water or steamed, wrapping food in different edible leaves [6].

Techniques after the conquest:

Fry:

Make a raw food to be able to eat, having enough time in boiling oil or fat.

Smoke:

To smoke some food for its preservation or to impart a certain flavor [7].

Methodology to be developed

To achieve the results, a structure based on the contents addressed will be used as tools, which will guide the investigation for the registration of tamales and strengthen the Yucatecan gastronomy. The registry is of great importance, since currently there is general information on net preparations of Yucatecan culture, however these do not address in a qualitative sense the Yucatecan tamales. This in order to apply a methodology to the Yucatecan cuisine to define and classify the characteristics of the kitchen.

The state of Yucatán is divided into 106 municipalities grouped into 7 regions [8]. Being the 7th South Region, formed as follows:

Region VII- South
Ticul
Akil
Chapab
Chumayel
Dzan
Mama
Maní
Mayapán
Muna
Oxkutzcab
Sacalum
Santa Elena
Teabo
Tekax
Tekit
Tixméhuac
Tzucacab

Table 1 Region VII- South

Components for the preparation of the tamal.

Independently of the region, the municipalities of the South of Yucatan share characteristics of ingredients at the time of elaboration, however each cook (a) differs from cooking techniques, seasoning and cooking styles.

According to what corresponds to the coating of the tamales, whether the determination of cooking, ceremony, use of ingredients or region, the variables are very concise when it comes to making them, they can be: banana leaf, corn leaf (fresh or dried), holy leaf and plastic. Regarding the cooking applied to each of these, regardless of the holiday or ceremony, they are listed below: steamed, in Pib (underground oven), baked (conventional oven), baked in non-enveloped mold (conventional oven) and roasted.

However, these are not the only tamales elaborated and consumed, it should be noted that most of the Yucatecan tamales and their other varieties are made for special occasions, whether Mayan ceremonies, festivities or general festivities for example: chanchamitos, tamale de chaya, of species, of confetti, tamale of xpeelón, tamal of holy leaf, the pib (better called mubil chicken) to celebrate the dead and offer, as well as the huajicol that is offered to the gods of the mountain and the Mayan milpas. It is traditional to thank the gods for their harvests through a Mayan ceremony that they perform every two years, because they indicate that it is important to be grateful and respectful.

Results

An investigation is enriched by qualities granted by the inhabitants, which allow us to have a panorama of the diversification of their cuisine of Mayan origin, mestizo and in many cases influenced by cuisines from other continents, which converge whatever the technique used, the materials for its elaboration, communities and those who elaborate it, the tamales of Yucatecan cuisine can vary for its filling, use or custom, according to the tables of ingredients to be used in its preparation and its comparison of the record. Which resemble and match each identity, below we show a series of tables sorting by list used for the preparation of tamales:

Classification	Ingredients
Spices:	Annatto,, cloves, garlic, black pepper, tabasco pepper, cloves, salt,
Herbs and / or flavorings:	Oregano, epazote, coriander, chaya, holy leaf,
Meat Products:	Birds: chicken, chicken, turkey.
	Red meats: pork.
	Game animals: rabbit, quail, armadillo, iguana, deer.

Grain:	New or nixtamalized corn, beans, spur, new or tender beans, pumpkin seed, ibes.
Citrus:	Bitter orange.
Vegetables:	White onion, purple onion, guaje tomato.
Chilies:	Chile xcat ik (chile huero), sweet chile, chile seco (chawa), chile habanero, chile maax, chile clown.
Groceries and / or Accessories:	Nixtamalized corn dough, wheat flour, baking powder, lard, egg, white message, red message, aluminum foil oil, plastic to act as a tamale wrap.

Table 2 Classification of ingredients

Therefore we say that according to the data collection in introspection of each town, the information collected shows that the tamales mostly elaborated and consumed by its inhabitants any day of the week are:

Ticul	Torteados of: chicken, shredded pork, ground pork, coladas, queen's arm, coladas
Akil	Pieces of: chicken, shredded pork, ground pork
Chapab	Baked in pib and in oven, torteados of: chicken, shredded pork, ground pork.
Chumayel	Baked in pib and in the oven, served with: chicken, shredded pork, ground pork, coladas and queen's arm.
Dzan:	Pieces of: chicken, shredded pork, ground pork, casseroles
Mama	Pieces of: chicken, shredded pork, ground pork, casseroles
Maní	Baked in pib and in the oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken and queen's arm
Mayapán	Baked in pib and in the oven, made with: chicken, shredded pork, ground pork
Muna	Baked in pib and in the oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken and queen's arm
Oxkutzcab	Baked in pib and in the oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken and queen's arm
Sacalum	Pieces of: chicken, shredded pork, ground pork, casseroles
Santa Elena	Pieces of: chicken, shredded pork, ground pork, casseroles
Teabo	Baked in pib and oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken, queen's arm and roasts
Tekax	Baked in pib and oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken, queen's arm and roasts
Tekit	Baked in pib and oven, made of: chicken, shredded pork, ground pork, coladas, mucbil chicken, queen's arm and roasts

Tixméhuac
Baked in pib and in the oven, made with: chicken, shredded pork, ground pork, casseroles, accordion, queen's arm and roasts
Tzucacab
Baked in pib and in oven, torteados of: chicken, shredded pork, ground pork, coladas, reyna arm and roasts.
Observations: it is worth mentioning that each of the tamales mentioned is mostly replicated in the villages listed, either for festivity or season changing cooking technique, process or ingredient.

Table 3 Comparative table

Annexes

The bibliography shows us endless preparations, which can vary in ingredients currently nonexistent in the preparation of tamales, however there is a book called the splendor and grandeur of Mexican cuisine [9] that classifies tamales of Yucatecan origin, which explains in a list the inputs to produce them, however it does not include the preparation method, which in its pages makes a display of historical background, versions and uses of corn as well as a breakdown of tamales around the country, alluding to Yucatan and its numerous contribution in this variety of tamales, which we will list below: Tamal "soft wedding" also called strained, Tamale de chaya (Dzoto Bicha), Tamal snack or espelón, Tamale de venado (chacha-huajes) , Tamales yuyos, Tamales de nacapitu, Tamales de canane, Tamales pictes, Tamales de yerba santa, Tamales de hoja de milpa, Tamales de cuchunuc, Tamales mexicanos de elote nuevo, Tamales Torteados and Tamales Mexicanos del Sureste.

Conclusions

The tamale is an ancestral food with sweet and salty varieties of corn, with or without filling, meat and cooking variants, providing a caloric value with high fiber and protein content for the alimentary functioning necessary for a long day of work.

Whatever these factors may be, we conclude that the tamale is indispensable in a Mexican diet and cuisine, as well as in Yucatecan cuisine, which praises it for serving mostly tamales with the quintessential trilogy of corn, beans and chili. Which makes us think that although its structure and composition is not the most complex preparations, if it is clear that the flavors of these releases the first unequaled mouthful, aromas and flavors from spicy, acid, earthy and meat.

Thus also generating among the Yucatecan community a banner worthy of spreading to future generations, as well as to our visitors who mostly return to the state of Yucatan for its gastronomy full of peculiarities.

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