



Hanal Pixán translates to "food for the souls" in the Maya language. It is a Mayan holiday celebrated throughout Mexico's Yucatan Peninsula, and it is sometimes called the Mayan Day of the Dead. Since Hanal Pixán means food for the souls, it hints at the centrality and importance of food to this tradition.

Hanal Pixán or Día de Muertos is a gastronomic journey that rewards our senses while we honor our beloved departed ones. Each dish prepared for this celebration is connected in tradition, filled with love, and tells a story of the eternal bond between the departed and the living.

Embark with us on this authentic and unique gastronomic journey focused on Mayan and Yucatecan cuisine styles. We will explore the sensory wonders of Hanal Pixán through a culinary lens and will delve into traditions, stories, music, vibrant smells, flavors, and food scenes that make this event unforgettable. Here are some quintessential meals cooked for Hanal Pixán that we will be learning about and also degustating:

- **Mucbipollo** is the ancestral dish used to commemorate the faithful departed during the Hanal Pixán and is only prepared for these dates. It is considered one of the most important for the Mayan culture. It is an exquisite, large, and round sort of tamal made with corn dough, traditionally filled with chicken meat, red achiote, tomato, onion, epazote, etc. It is covered with banana leaves and baked.
 - **Yucatecan Tamales** are made from a mixture of corn dough and different fillings, such as chicken, turkey, pork, etc. They are wrapped in a banana leaf or corn husk and then steamed.
 - **Cochinita Pibil** was named the 2021 best food in the world by the culinary compilation Taste Atlas, which specializes in reviewing international dishes. Cochinita is also in the top 10 traditional pork dishes and in the top 10 street foods in the world. Cochinita is a slow-cooked pork meat dish flavored with achiote paste, orange juice, garlic, pepper, and other different spices. It is wrapped in banana leaves and baked.
 - **Pan de Muerto** is a sweet, soft bread, traditionally baked in a round shape, to symbolize the cycle of life and death. Its top is adorned with dough shaped like bones, paying tribute to the departed, and covered with sugar.
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