



Cinco De Mayo

Contrary to popular belief, Cinco De Mayo is *not* Mexico's Independence Day. Instead, it celebrates victory over France in the Battle of Puebla. This battle took place in 1862, during the Franco-Mexican War, when Napoleon III invaded Mexico in an attempt to expand French territory. Mexico's President Benito Juárez, the first indigenous person to hold this title, assembled a ragtag group of 2,000 men to fight off 6,000 French troops in Puebla de Los Angeles, a small town in east-central Mexico. This unlikely victory was a huge morale boost for Mexico, as they only lost around 100 soldiers compared to France's 500.



Today, Cinco De Mayo is viewed not so much as a turning point in Mexico's history, but instead as a day to celebrate Mexican and Mexican-American culture. In



Mexico itself, most people do not celebrate it outside of the state of Puebla. In the 1960s, Chicano activists began using Cinco De Mayo as a way to celebrate the indigenous people of Mexico fighting back against colonization, drawing attention to the fact President Juárez and many of the soldiers at the battle were indigenous people.



Above is a group of Zapotec women at a celebration. Juárez was a member of the Zapotec people, an indigenous group from modern-day Oaxaca (pronounced Wa-Hawk-A)

Staring in the 2018 film *Roma*, Yalitza Aparicio is probably the most famous indigenous Mexican women in the world today. She was the first Indigenous American woman and second Mexican woman to receive a Best Actress Oscar nomination.

Throw your own Cinco De Mayo party with these tasty recipes!

Elote: This simple corn-on-the-cob snack can be found at festivals in both the US and Mexico, and only requires a few ingredients.



Supplies:

- Knife
- Grill
- Dinner plate
- Drinking glass
- Medium bowl

Ingredients:

- 6 ears of corn
- ½ cup mayonnaise
- ½ cup Mexican crema (can be replaced with sour cream)
- 2 tablespoons lime juice
- ½ tablespoon chili powder
- ½ teaspoon ground cumin
- 1 cup crumbled cotiji cheese (can be replaced with

Parmesan)

- 1 medium lime, cut into wedges

How-To:

- Husk the corn: If your corn still has husks, remove them and the silk from the corn, but keep as much of the stalk end attached as possible.
- Prepare a grill: Heat an outdoor gas grill to high or prepare a charcoal grill for indirect heat. A grill pan over medium heat will work as well.
- Make the sauce: While the grill heats, place the mayonnaise, crema or sour cream, lime juice, chili powder, and cumin in a medium bowl and whisk until smooth. Transfer this sauce into a tall, narrow drinking glass. Put the cotija on a large plate.
- Grill the corn: Grill the corn uncovered until some the kernels are bright yellow and a few are charred, 2 to 3 minutes per side, for a total of 12 to 15 minutes. Remove the corn from the grill and cool for 5 minutes.
- Dip the corn: Hold the drinking glass of sauce at an angle, then dip a cooled ear of corn into the mixture, turning the cob to coat completely. Hold the cob over the glass and shake gently to let the excess sauce drip back into the glass.

- Roll in the cheese: Roll the dipped cob in the crumbled cheese to coat completely. Place on a serving platter.
- Repeat and serve: Repeat dipping and rolling the remaining corn in the sauce and cheese. Serve with lime wedges for squeezing over the corn.

For more details or to see the recipe's origin, click [here](#).

Guacamole: Either as a snack or side, everyone loves some fresh guac! Check out [this](#) family recipe.

- 2 ripe avocados
- ¼ cup cilantro
- ¼ onion, finely chopped
- 1 jalapeno (optional), chopped
- 1-2 teaspoons lime juice
- Salt (to taste)
- 1-2 tomato, finely chopped



How-To:

- Peel the avocado and remove the core.
- Mash the avocado in a [molcajete](#) until it reaches your desired consistency
 - You can also use a fork to mash it up if you don't have a molcajete
- Add the onion, jalapeno, cilantro and tomato and mix well.
- Add lime juice and salt to taste.

This chef's secret? Prevent the guac from turning brown by keeping the avocado pit in the serving bowl or by adding an extra teaspoon of lime juice.

Homemade Tortilla Chips: Now that you have some guacamole, you just need chips! Make your own with just a teaspoon of vegetable oil and a pack of flour tortillas.



[How-To:](#)

- Preheat the oven to 350 degrees.
- Brush both sides of the tortillas with the oil.
- Stack the tortillas and cut the pile into sixths, or however large you want the chips to be.
 - Spread the chips out in a single layer on two large baking sheets and season with salt. Bake until golden brown and crisp, rotating the baking sheets once, about 12 to 15 minutes.