

Sabor Mexicano

A Regional Journey Beyond Cuisine and Culture

Virtual Workshop

Tuesdays @ 12 pm ET ~ March 1 & March 8

Join us for 5 hours CPEU web-based education with 6 engaging expert speakers!
Each 2.5-hour session includes 3 expert speakers followed by Q&A.

March 1st Sessions

Regional Cuisines of Mexico: What Grows Together Goes Together

- **Speaker: Chef Iliana de la Vega**
 - List key ingredients used in regional cuisines across Mexico.
 - Illustrate culinary techniques utilized in regional Oaxacan cuisine.
 - Articulate the importance of Hispanic heritage and cuisine in today's food culture.

Corn: The Cornerstone of Mexican Cuisine

- **Speaker: Rafael Mier**
 - Define the cultural importance of corn and tortillas in Mexican cuisine and culture.
 - Communicate initiatives designed to preserve heirloom varieties of corn.
 - List strategies used for production of high-quality traditional foods.

Yucatecan Cuisine: A Celebration of Mayan Tradition

- **Speaker: Chef Federico Lopez**
 - Illustrate culinary techniques utilized in regional Yucatan Peninsula cuisine.
 - Compare historical and regional influences shaping food and fare.
 - Review prevalent Mayan civilization foods and impact on spread of flavors worldwide.

March 8th Sessions

The Role of Mexican Farms in the U.S. Food Supply

- **Speaker: Jennifer McEntire, Ph.D.**
 - Communicate how immigration policy as well as labor and water shortages influence U.S. farming.
 - Define food safety regulations for produce imported into the U.S.
 - Compare and contrast farming practices influencing production of foods in the U.S. and Mexico.

Mexican Restaurant & Ingredient Trends

- **Speaker: Bridget Hegg, MBA, RD**
 - Articulate the meaning of authentic Mexican cuisine.
 - Curate menus that highlight genuine regional flavors and ethnic foods.
 - Identify food trends that bring attention to ingredients, transparency, and authenticity.

Culturally Competent Conversations About Food & Health

- **Speaker: Maria Virginia Tijerina Walls, MS, NC**
 - Navigate culturally competent conversations addressing food and health.
 - Distinguish Mexican Americans from other Latinx groups we serve.
 - Express professional thoughts, and ideas that respect diversity and cultural factors affecting health.

FCP Virtual Workshop Early Registration Fees by Session

Early registration pricing until January 31, 2022

FCP Member - \$20.00

Student Member - \$10.00

Other - \$40.00