



History of the Tamale

The tamale is a food of Mesoamerican origin from between 800 and 500 BC. It remains a topic of debate among various Latin American countries, such as Peru, Chile, Argentina, Bolivia, and Mexico. However, several historians have pointed out that the tamale originated in central Mexico, being the region where corn was first cultivated. The name comes from the Nahuatl word "tamalli," which means "wrapped" (the language spoken by the indigenous people of Mexico).

The tamale, an iconic dish in Peruvian cuisine, represents a deeply rooted tradition in the country's culinary culture.

Throughout Peru, a wide variety of traditional tamales can be found, each with its own unique characteristics and flavors.

From the coast to the mountains and the jungle, Peruvian tamales reflect the geographic and cultural diversity of the nation. Exploring the different varieties of traditional Peruvian tamales is like embarking on a culinary journey filled with fascinating flavors, aromas, and textures. Each region adds its distinctive touch to this culinary delight, using native ingredients and ancestral techniques that have been passed down through generations.

For those food enthusiasts wishing to learn more about the culinary culture of

Peru, delving into the tamale tradition is an enriching experience that unveils the essence and richness of Peruvian cuisine.

From the traditional *tamal criollo* to innovative contemporary fusions, Peruvian tamales are a true culinary treasure that is worth exploring and enjoying.

Tamales are an expression of our identity.