

Mexico City Culinaria

With Chef Iliana de la Vega and Journalist Isabel Torrealba

January 24-31, 2027



January 24, 2027

Bienvenidos a Mexico City and check in at our beautiful, art-filled boutique hotel in Polanco neighborhood. As the sun sets, we'll meet in the library for introductions and a little tequila before heading out to dinner. Our destination tonight, Fónico, is the home of one of the most talented young chefs in the city, Billy Maldonado, who's serving fun, creative and delicious takes on traditional Mexican classics.

January 25, 2027

Today we'll be venturing into the beating heart of the city: its historic downtown. But first it's breakfast at a longstanding restaurant that's been feeding locals for over five decades, serving tableside hot chocolate, freshly baked pan dulce, and classics like enchiladas. Then, our expert historian will guide us through the landmarks, including the Zócalo, the Metropolitan Cathedral, the

Templo Mayor (the ruins of the city of Tenochtitlán), and some of Diego Rivera's murals at Bellas Artes Museum. After all the walking, we will enjoy a well-deserved lunch back at the restaurant Entremar, where we can find some of the best Mexican style seafood in the city: ceviches, tuna tostadas, aguachiles, and a beautiful fish cooked with two types of sauces. Enjoy the rest of the day to rest or explore the city at your own pace.

January 26, 2027

Sleep in this morning and grab some coffee and light breakfast at the hotel before we kick off our day with a boat ride through the canals of Xochimilco. We'll make our way to a very special chinampa, where we'll learn about this pre-Hispanic agricultural technique and the area's vital role in the city. We'll explore the gardens and then sit down for a farm-to-table brunch at this natural oasis in Mexico City. The afternoon is yours to rest or explore. This evening, we'll be heading back to downtown Mexico City for dinner at one of the most beautiful restaurants in the city: Azul Histórico, headed by celebrated chef and researcher Ricardo Muñoz Zurita, where we'll enjoy what may be the best and most elegantly served tortilla soup in the world.

January 27, 2027

One of the Culinaria's most anticipated days, today will be all about Mexican ingredients, getting to know local produce, herbs, spices, chiles, and how to work with them in your own kitchen. Our morning will begin with breakfast at the hotel, and then we'll get our ingredients from the market, which will be an opportunity to do some shopping. The setting for our cooking session with James Beard Award winning chef Iliana de la Vega is the beautiful building of Fónico from our welcome dinner. After sitting down to enjoy our lunch, we'll return to the hotel to relax before we reconvene in the evening for a quintessential Mexico City street food: tacos al pastor. We'll be visiting our favorite taco stand in the city, which functions as an auto shop by day.

January 28, 2027

Today will begin with breakfast at the hotel before we meet and head back south to Xochimilco, only today we will be taking a cooking class with a loca, traditional cook. We will be introduced to cooking with corn, learning about its versatility, and using it as a base to create a variety of what we call "antojitos". Antojitos is an untranslatable word whose literal meaning is "little whims". These are often snacks, but can also be full meals, that can be found all over the city sold as street food. And while these types of dishes are quick and inexpensive, they are not only comforting, but perfectly exemplify how using simple ingredients from the Latin American heritage diet makes for healthy and whole meals. Once we return to the hotel, enjoy the rest of the evening to yourself.

January 29, 2027

Start the day with breakfast at the hotel before we hop in the van for a guided visit of the National Museum of Anthropology, which houses the largest collection of pre-Columbian art and artifacts in Mexico, where we'll learn about the city's history, tracing it all the way back to the Mexica (Aztec) empire. After a couple of hours of learning, we'll make our way to lunch at an old-school Mexico

City spot, Los Panchos. Their specialty is carnitas, a type of confit where the pork is cooked in its own fat, but they also have all kinds of Mexican classics, from enchiladas to chile rellenos. We'll return to the hotel after lunch for a bit of rest. Our day will conclude with a guided Mexican wine tasting with a sommelier to be paired with a variety of Mexican cheeses.

January 30, 2027

Our final morning will begin with breakfast at a weekend only restaurant for the best barbacoa in the city, brought in directly from the state of Hidalgo early in the morning. Then, we'll continue our journey south towards San Ángel neighborhood, a colonial gem, where you'll enjoy some time to browse for curated arts and crafts at a Saturday only bazaar. Then we're off to Coyoacán, a cobblestoned neighborhood that artists and intellectuals such as Frida Kahlo, Diego Rivera, and Leon Trotsky called home. Our expert guide will then walk you through the Frida Kahlo museum, detailing the painters' life and art. Afterwards, we'll make our way back to Polanco and to the hotel to freshen up and change for our final, multi-course tasting lunch at a two Michelin starred restaurant known for spearheading contemporary Mexican cuisine. As this is usually a three to four-hour affair, the rest of the evening is all yours to rest, pack, or explore Mexico City one last time.

January 31, 2027

After a week of exploring and eating your way through Mexico City, it's time to head back home with some new memories and perhaps a couple of Mexican wine bottles. There are no scheduled activities today, so you may depart early in the morning or enjoy breakfast at the hotel before you head to the airport.