

Mexico's Egg Traditions

Confetti eggshells to a governor's breakfast: how eggs run through Mexican life.

The Empress Carlota Legend

Legend says cascarones, confetti filled eggshells, reached Mexico in the mid 1800s via Empress Carlota, Maximilian's wife. Locals are said to have swapped the old perfume filling for confetti, cracked for luck.

Source: [Luz Media](#)

A Governor Breakfast, Now National

Huevos motulenos, fried eggs on tortillas with beans, ham, peas and fried plantain, were first plated in Motul, Yucatan, for a visiting governor and his companions in the 1920s, and grew into their own dish over the last century.

Source: [Excelsior](#)

The Nuns Secret Eggnog

In 17th century Puebla, Poor Clare nuns thickened an old Spanish egg punch with rum and vanilla to invent rompopo. As the story goes, one sister kept her extra ingredient a secret for life.

Source: [Mexico News Daily](#)

Cowboy Eggs, Chile First

Huevos rancheros began on 19th century haciendas as eggs cooked straight in red or green chile sauce, no tortilla yet. A recipe was already in print by 1845.

Source: [Wikipedia](#)

IN SHORT

Every culture finds its own way to make an egg matter. In Multan, ours starts with one that is simply clean and true.

References

1. [Luz Media](https://luzmedia.co/the-origins-of-confetti-eggs/) https://luzmedia.co/the-origins-of-confetti-eggs/
2. [Excelsior](https://www.excelsior.com.mx/recetas/historia-de-los-huevos-motulenos-un-plato-orgullosamente-yucateco/1735995) https://www.excelsior.com.mx/recetas/historia-de-los-huevos-motulenos-un-plato-orgullosamente-yucateco/1735995
3. [Mexico News Daily](https://mexiconewsdaily.com/food/how-nuns-of-puebla-invented-history-of-rompopo-plus-other-favorites/) https://mexiconewsdaily.com/food/how-nuns-of-puebla-invented-history-of-rompopo-plus-other-favorites/
4. [Wikipedia](https://en.wikipedia.org/wiki/Huevos_rancheros) https://en.wikipedia.org/wiki/Huevos_rancheros



ORDER ON WHATSAPP

0312 4444925

freshyolk.com