

Mercado Benito Juárez Menu

Address:

Las Casas S/N, OAX_RE_BENITO JUAREZ, Centro,
68000 Oaxaca de Juárez, Oax., Mexico

Phone:

Opening times:

09:00 AM - 05:00 PM

Nestled in the heart of Oaxaca City, Mercado Benito Juárez is a vibrant culinary haven that offers a rich tapestry of traditional Oaxacan flavors. Just a block south of the Zócalo, this market is a sensory delight, where the air is filled with the tantalizing aromas of grilled meats, fresh herbs, and sweet treats.

Signature Dishes at Mercado Benito Juárez

One of the standout offerings is the tlayuda, often referred to as Oaxacan pizza. This large, slightly crispy corn tortilla is generously topped with refried beans, asiento (unrefined pork lard), lettuce or cabbage, avocado, meat (typically shredded chicken, beef tenderloin, or pork), Oaxaca cheese, and salsa. The combination of flavors and textures makes it a must-try for visitors seeking an authentic taste of Oaxaca.

Another iconic dish is mole negro, a rich, dark sauce made from a blend of chilhuacle chiles, chocolate, seeds, spices, and other ingredients. Traditionally served with turkey, this mole embodies the depth and complexity of Oaxacan cuisine. For those seeking a more adventurous palate, chapulines (fried grasshoppers) are a local delicacy, often enjoyed as a crunchy snack or sprinkled over dishes for added flavor.

Beverages and Sweets

To complement the savory dishes, Mercado Benito Juárez offers a variety of traditional beverages. Tejate, known as the "drink of the gods," is a pre-Hispanic beverage made from corn, cacao, and other ingredients, offering a unique taste experience. For a refreshing treat, nieve (a type of sorbet) comes in flavors like tuna (cactus fruit) and other regional fruits.

No visit to the market is complete without sampling the local sweets. Barquillos, delicate, crispy wafers rolled into cones and filled with sweet cream or cajeta (caramelized goat's milk), are a delightful end to any meal. Other regional sweets include menguanitos, borrachitos, and empanaditas, each offering a taste of Oaxaca's rich culinary heritage.

A Culinary Journey Awaits

Mercado Benito Juárez is more than just a market; it's a celebration of Oaxacan culture and cuisine. Whether you're a seasoned foodie or a curious traveler, the market offers an authentic taste of Oaxaca's rich culinary traditions. From the smoky flavors of grilled meats to the sweet notes of traditional desserts, every corner of this market tells a story of

Oaxaca's gastronomic heritage.