



## The Sweet Tradition of Mole

Served with anything from chicken to enchiladas, From Nahuatl, "Mulli" means sauce or concoction, it is an ancient tradition that dates back to pre-hispanic times. "Mulli" was a mixture of *chocolate* and different native spices like *chile guajillo*, *ancho* and *chipotle* mixed in a *molcajete* (a stone mortar used to grind ingredients).

A legend states that Aztec king, *Moctezuma*, thinking the conquistadors were gods, served mole over *guajolote* to *Cortez* at a banquet to receive them. Although people are not entirely sure of the origin of mole, the most common story is that it was developed in *Puebla*. This version tells that 16th Century nuns from the Convent of *Santa Rosa*, upon learning that the Archbishop was coming for a visit, began chopping, grinding and mixing approximately **20 ingredients** to cook something special for him.

This wonderful rich sauce has a slightly *bittersweet* taste. The sauce is often served over *chicken*, though *turkey* is more traditional. Not all mole sauces use the same ingredients. Families hand recipes down through generations, incorporating sugar, fried bread, tomato, raisins, garlic, onions, cinnamon, almonds and nuts. Furthermore, the recipe changes according different culinary regions and microclimates. For example, in *Oaxaca*, the *Land of the Seven Moles*, red, black, yellow or green moles are found depending on the ingredients.

To promote their regional versions of this sauce, a number of places host festivals dedicated to it. For example, the *Feria Nacional del Mole* (National Festival of Mole) is held each year in October in *San Pedro Atocpan*, near Mexico City. Don't leave Mexico without tasting the delicious *Manchamanteles mole*.

### Make the Most of Your Experience

Lear Spanish while you learn about Mexico



Did You Know?

**Stylo Eventos** is a one-stop Event Production Company for all kinds of celebrations. From concept-design to managing the event, every element is reflective of the client's requirements.



They aim to offer each client an experience that is unforgettable, and flawless. Moreover, their creativity and personalization differentiate them from the rest, while offering original solutions that fit every budget. We guarantee they won't only meet your expectations, they will exceed them. [Click here for a consultation](#).



### Salva 1 vida

More than 60% of dogs in Mexico will end up in the streets; 9 out of 10 of these dogs will be sacrificed. Doggies have a way of putting a smile on your face. They have been shown to be psychologically, emotionally, and physically beneficial. Caring for a companion dog can provide a sense of fulfillment while lessen feelings of isolation. **Salva1Vida** encourages people to adopt dogs instead of buying them. **So, thinking of adopting a dog?** Join us at "Compañeros por 1 Día" and adopt a dog for one day. Have fun with your new buddy in a wide range of exciting activities. Fabulous prizes and lots of fun will be sponsored by Puma, Tommy Hilfiger, Sushi Roll and more. **When and Where?** Parque México, Condesa, on November 24th, from 10am to 4pm. [Click here for further information](#) or if you want to adopt permanently visit [www.refugiocressillo.com](http://www.refugiocressillo.com)

**Meetpoint** wants to hear from you, share with us your enquires and tips to make Expat Life in Mexico the most of your experiences. Follow us at:

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## Look & See Trip, What are the Benefits?

Getting settled shouldn't be an overwhelming experience. To get your new life in smooth running order as soon as possible, we strongly recommend you to arrange a **Look and See Trip (L&ST)** about one month prior to the final move. During this trip, you will familiarize with your new place of residence and local lifestyle by touring houses, visiting schools and points of interests. Here is a list of benefits of the **L&ST**:

- 1. Reduce your culture shock.** If you visit Mexico at least once before moving, you can explore various aspects of your new location that intersect with your interests. A **L&ST** helps you to get a basic picture of the country and its culture. Upon the completion of the trip, you will be better prepared to plan the move.
- 2. Tour your New Town.** The **L&ST** is a great opportunity to narrow down neighborhood choices. A good L&ST will drive you through the most attractive residential areas, explaining the differences between one place and another. A L&ST will note the location of your office, the schools favored by expats, and the neighborhoods with good proximity to social facilities.
- 3. Test Distances from Office to Living Areas and Schools.** A **L&ST** helps you to evaluate how long it would take to travel from your prospective housing to the office, schools and other facilities. Traffic jams in Mexico are recurrent. A L&ST tests the commute times to the various residential areas to identify traffic patterns, as this will affect your choice of housing.
- 4. Identify Schools & Housing.** Alternatives for housing and schools often go hand-in-hand. Since education is a very important concern this decision need to take top priority. A **L&ST** contacts schools for an appointment prior to your arrival so they can be prepared for your visit. Once the list of possible school candidates is defined, the L&ST takes you to visit houses based on proximity criteria, so you can see what is available.
- 5. Save both Time and Money.** Visiting properties can be an exhausting and disappointing process. A **L&ST** removes the stress by finding the property that best suits your requirements. A good L&ST service view all suitable properties on your behalf and only take you to those properties that match your budget and criteria. A L&ST offers you the best possible opportunity of having your application on any rental accepted. The result is that you spend the least time possible in short term accommodation and the cost in time and money is minimized.
- 6. Start New Connections.** A **L&ST** introduces you to expat community associations and networks in Mexico. It is worthwhile to visit these associations and evaluate what activities are available. Making a few expat or local contacts can help you to tackle the many challenges of setting up.

[contact@meetpoint.com.mx](mailto:contact@meetpoint.com.mx) to set up a **Look and See Trip**, **Meetpoint Expat Services** tailor-make orientation trips to meet your specific needs. Our **L&ST** includes: Welcome Package \* Airport transfers \* City Orientation Tour \* Schooling Overview \* Housing and Living Area Overview \* Tour showing medical services, shopping areas, and leisure facilities \* Relevant Information based on special requirements.

### Kids In Mexico

The best to find the right nanny is to have her recommended by another family. Alternatively, get in touch with Expats associations or trustable agencies. Would you like to know more? [Click here](#) for practical ideas to find safe nannies in Mexico. Kids In Mexico provides the trendiest tips to make your kids happy.



**OPPORTUNITIES**

**Furnished Apartment Rent / Sale, Amsterdam – Condesa**

130m2, 2 rooms, 2.5 bathrooms, balcony, L1, security. Amenities: roof garden, lounge, bbq area.  
**Sale: \$4,000,000MXN; Rent: \$26,000.00MXN**

**Cozy Apartment for Rent, Tlaxcala – Condesa**

132m2, 3 rooms, 1.5 bathrooms, level 4, security. **Rent: \$18,000MXN**

**Furnished PH for Rent – Salamanca, Roma Norte**

60m2, 1 room, 1 bathroom, 0 parking spots, furnished, L4. Common roof garden. **Rent: \$8,000MXN**

**New Apartment for Sale – Arquímedes, Polanco**

157m2, 3 rooms, 2.5 bathrooms, 2 parking spots, L1, 45m2 of terrace. Amenities: gym, roof garden.  
**Price: \$7,100,000MXN**

**Convenient Offices for Rent – Homero, Polanco**

From 75 to 22.5 m2. Equipped workspaces, virtual or for few months. **Working spaces: From \$5,460MXN per month. Virtual offices: From \$1,310MXN per month.**

**Beautiful Apartment for Rent - Frondoso II, Lomas Country**

398m2, 3 rooms, 4 bathrooms, 2 parking spots, terrace, L18. Amenities: pools, gym, tennis court, gardens, bbq, lounge. **Rent: \$ 6,500.00 USD Furnished: \$ 8,000.00 USD**

**Amazing Apartment for Rent – Puerta del Lago, Interlomas**

290m2, 3 rooms, 3.5 bathrooms, 2 parking spots, balcony, L14. Amenities: pools, Jacuzzi, gym, tennis court, gardens, bbq area. **Rent: \$3,700USD**

**Gorgeous Duplex Apartment for Rent or Sale, Lomas del Río, Herradura**

280m2, 3 rooms, 2.5 bathrooms, 2 parking spots, terrace, L4. Amenities, paddel court, garden.  
**Rent: \$ 4,200,000.00 MXN**

**Gorgeous Apartment for Rent – Residencial Real Santa Fe – La Loma**

390m2, 3 rooms, 3.5 bathrooms, 4 parking spots, 30m2 of terrace, Jacuzzi, L6. Amenities: pool, gym, paddle court, garden. **Rent: \$4,800USD Sale: \$ 25,000.00 MXN**

[Click here to find more information or newhome@meetpoint.com.mx](mailto:newhome@meetpoint.com.mx)



**Event Calendar**

Reservations: [contact@meetpoint.com.mx](mailto:contact@meetpoint.com.mx)

Start Building new social networks straight away: join our events organized to help you meet other expats and global minders. [Click here for more information....](#)

PUEBLA ESPLENDOROSA	07 OCT- \$599MXN
CHIGNAHUAPAN	07 OCT- \$599MXN
<b>THE COLLAPSE &amp;RENEWAL OF THE MAYA</b>	<b>11-14 OCT - \$1169 MXN</b>
ZACATLAN Y VALLE DE PIEDRAS ENCIMADAS	13 OCT - \$599 MXN
TLALPUJAHUA MULTICOLOR	22 OCT - \$599 MXN
PUEBLOS MÁGICOS DE MORELOS	23 OCT - \$599 MXN
RUTA TAURINA Y DEL PULQUE	29 OCT - \$599 MXN
JARDIN BORDA Y JARDIN ETNOBOTÁNICO	30 OCT - \$599 MXN
XOCHICALCO	30 OCT - \$599 MXN



**Meet Point – Expat Services**  
**Easing your life and maximizing your experience in Mexico.**

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