

Created by: Debra C. Argen

Restaurante El Mural de los Poblanos, Puebla, Mexico

[Restaurante El Mural de los Poblanos](#), housed in the former courtyard of a 17th century mansion located in the historic center of [Puebla, Mexico](#), features delicious traditional **Cocina Poblano** (cuisine of the Puebla region) and a sensational mural by the artist **Antonio Álvarez Morán** depicting the people of Puebla.

The Restaurante El Mural de los Poblanos is an elegant and attractive restaurant featuring archways trimmed with orange, a wood beamed ceiling, a tile floor, an abundance of greenery in pots, antique mirrors in ornately carved wood frames, and black wrought iron lanterns gracing the tiled and stucco walls that illuminate the paintings and the large-scale mural that dominates one wall of the restaurant that gives the restaurant its name and features many famous people of Puebla including two ex-presidents of Mexico.



Restaurante El Mural

I had dinner at Restaurante El Mural de los Poblanos in late October 2009, where wood chairs with orange upholstery flanked tables draped with pristine white linens that were accessorized with votive candles in white bowls, and service was professional and attentive.

In addition to a fine wine list, the restaurant has an excellent selection of spirits, mezcals, and tequilas, and with this in mind, I decided to indulge with a glass of mezcal that arrived with an accompanying plate of tiny orange wedges and a glass of worm salt with a spoon, which is a typical regional accompaniment to pair with mezcal. Although I hesitated at first at trying the worm salt, which I must admit just looked like ordinary salt that had a light orange color, my culinary curiosity eventually won out, and I gingerly sprinkled a tiny amount of worm salt on an orange wedge, bravely took a bite of the orange and then very quickly took a sip of the mezcal. It was another experience that I can add to my long list of unusual things I have tasted, and although the taste was not bad, I decided to drink the rest of my mezcal unaccompanied, which was smooth and had a hint of sweetness.

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El Mural Restaurant

I began with my dinner with a wonderful first course of La Ensalada de Nopales, a traditional salad that arrived as an artistic circular arrangement of sliced tomatoes, radish, green chile, grated cheese from the nearby city of Atlixco, and avocado that was drizzled with olive oil (La Ensalada de Nopales, al estilo tradicional de los mercados con jitomate, rábanos, chile verde, queso panela, aguacate, y aceite de olivo). The salad was beautifully presented and had a delicious fresh-from-the-market taste, complemented by a glass of traditional hibiscus water (Jamaica agua fresca) that was light red in color, slightly sweetened, and high in vitamin C.



La Ensalada de Nopales

I continued with a second course of Los Tacos Gobernador, which were two delicious housemade corn tortillas filled with Mexican shrimp and grated cheese and accompanied by a mound of chunky guacamole garnished with julienne red peppers (Los Tacos Gobernador, deliciosas tortillas de maiz hechas a mano rellenas de camarones a la mexicana con queso gratinado), that were well paired with a glass of L.A. Cetto, Reserva Privada 2004, Estate Bottled, Nebbiolo, 14.5% alcohol, Valle de Guadalupe, Baja California, Mexico, that was a deep ruby colored bold wine that showed good structure and balanced tannins, had an aromatic nose of dark cherry, nutmeg, and cinnamon, with ripe fruit, leather, and tobacco on the palate.



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Los Tacos Gobernador

As a sweet finale to my **Restaurante El Mural de los Poblanos** dining experience, I had Cremita for dessert, which was a tasty custard presented in a martini glass that had hints of vanilla and cinnamon, and was dusted with cinnamon and garnished with dried fruit.



Cremita Dessert

Restaurante El Mural de los Poblanos is open for lunch and dinner from 1:00 pm until 11:00 pm.



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