INTRODUCTION

Mexican cuisine is known for its great variety of dishes, reflecting the biodiversity of our country, in which organisms interact with cultural expressions and traditions of each geographic region, which gives to each a hallmark. The state of Hidalgo ranks third nationally with more than 260 species of wild edible mushrooms (WEM) and the tradition continues in the markets and swap meets of some municipalities (Fig. 1): Acaxochitlán, Huasca, Huejutla, Mineral del Monte Mineral del Chico, Molango, Omitlán, Pachuca, Zacualtipán and Tlanchinol mainly.

MATERIALS AND METHODS

Go to these sites selling is an enjoyable experience as they become excellent "information centers" of knowledge, which are provided by "hongueros", they are people who are responsible for collecting and marketing mushrooms. Species, prices and sales units vary according to the region of the state be purchased heaps, sardine, quadroon, bucket, piece or kilogram and prices range according to the species, the highest are for the most requested and / or difficult to find.

RESULTS

Variety of dishes prepared with 24 WEM and 3 cultivated, acquired in these municipalities are presented in this cookbook. Each recipe is explained step by step and is accompanied by a picture, the names of the people who prepared and traditional and scientific name of the species. Finally some tabs are displayed with information of each of the fungal species: scientific name, traditional name, brief description of morphological, vegetation type, fenology and market where they are available. The recipes are the result of creativity and collaborative effort of the people in the communities, teachers, students, friends and family who have participated in various culinary samples that have occurred over more than ten years in the UAEH. In this type of event is intended that people come to taste the different dishes and put aside their fear and distrust. This cookbook offers the opportunity to spread the culinary tradition of Hidalgo State and promote consumption of these organisms, which are natural food with a good flavor, nutritious and health-giving properties and add to the great global trend for Food in the XXI century.

Mushrooms species included

![Mushrooms species included](image-url)