From Café con Leche to Tres Leches: Celebrate Hispanic Heritage Month with The Dairy Alliance

Exploring the Connection Between Hispanic and Latin American Food Traditions and Dairy

ATLANTA, GA, UNITED STATES, September 15, 2026 / EINPresswire.com/ -- Rooted in Hispanic culture and shared around the table, food has a way of bringing people together while carrying stories, memories and traditions from one generation to the next. This Hispanic Heritage Month, beginning September 15, The Dairy Alliance is highlighting the many ways real dairy is woven into beloved Hispanic and Latin American foods and drinks, from everyday favorites to dishes enjoyed during special occasions.

The Southeast is home to diverse Hispanic communities whose food traditions enrich our region every day. Across Georgia, Florida, North Carolina, South Carolina, Tennessee, Kentucky, Mississippi, Alabama and Virginia, families celebrate their heritage through foods featuring dairy ingredients such as milk, cheese, yogurt and cream. As one of the country's most culturally diverse and fastest-growing regions, the Southeast reflects the rich culinary traditions of Hispanic and Latin American communities, with real dairy connecting generations and bringing people together around the table.

Celebrating Hispanic Food Traditions Through Dairy

Across the Southeast, Hispanic and Latin American families celebrate their heritage through foods and beverages featuring real dairy, from café con leche and queso fresco to Salvadoran pupusas and tres leches cake. These dishes reflect the diverse culinary traditions shaping the region's food culture.

Café con leche is a warm, creamy, coffee and milk drink that is a common morning tradition in many Hispanic and Latin American households. Often enjoyed with breakfast or during family conversations, it brings together coffee, hot milk and sugar. To make it: Combine ½ cup strong

brewed coffee or espresso with ½ cup steamed or hot whole milk. Add 1-2 teaspoons of sugar, if desired, and stir and serve warm.

Queso fresco is a mild, creamy fresh cheese that is enjoyed in a variety of savory dishes and everyday meals. Its crumbly texture and delicate flavor make it a versatile addition to beans, soups, tortillas and more. To serve it: Crumbled over beans, soups, tacos, enchiladas and other savory dishes, then finish with 2 tablespoons Mexican crema.

Pupusas con queso are thick, handmade corn tortillas from El Salvador, traditionally stuffed with cheese and cooked on a hot griddle. Often enjoyed as an everyday meal or during family gatherings, they are traditionally served with curtido and salsa roja. To make about eight: mix 2 cups masa harina, 1 cups warm water and a pinch of salt to form a soft dough. Divide into eight portions, flatten each, fill with about 2 tablespoons of quesillo, seal and flatten again. Cook on a lightly greased griddle for 4–5 minutes per side, until golden and the cheese is melted.

Tres leches cake is a beloved Latin American dessert known for its rich, moist texture. Often served at birthdays, holidays and other celebrations, it gets its signature flavor from three types of milk. To make the milk mixture: combine one 14-ounce can sweetened condensed milk, one 12-ounce can evaporated milk, and ¾ cup whole milk. Pour over a cooled sponge cake pierced with holes, allowing it to absorb the mixture. Refrigerate and top with whipped cream before serving.

More Than Food

For many families, food represents far more than what is on the plate. Recipes can serve as a connection to home, family and heritage, passed down through generations and adapted along the way.

Dairy is part of many of those moments. It can be as simple as the milk added to morning coffee, the cheese folded into a favorite savory dish, or the combination of milks that transforms a cake into a celebration-worthy dessert.

“The Southeast is home to diverse Hispanic communities whose food traditions enrich our region every day," said Farrah Newberry, CEO of the Dairy Alliance. "During Hispanic Heritage Month, we're proud to celebrate the role real dairy plays in many of these cherished recipes and the connections they create between culture, family, and community".

As Hispanic Heritage Month continues, The Dairy Alliance invites consumers to celebrate the diverse flavors, recipes and culinary traditions that make Hispanic and Latin American food traditions so vibrant and the many ways real dairy is shared around the table.

To learn more about The Dairy Alliance, visit thedairyalliance.com or @TheDairyAlliance on Facebook or Instagram.

About The Dairy Alliance

The Dairy Alliance is a nonprofit funded by dairy farm families of the Southeast. We work diligently with dairy farmers, schools, sports teams, health professionals, local organizations, state leaders, the media, and the public to promote dairy foods and knowledge about the dairy industry. Our efforts center in eight states: Alabama, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, and Virginia.

Kim Miller
Ink Link Marketing
kmiller@Inklinkmarketing.com

This press release can be viewed online at: https://www.einpresswire.com/article/942166714

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.
© 1995-2026 Newsmatics Inc. All Right Reserved.