

Foodorama

Letter # 9: Mexico Delights!

By Foodorama, December 01, 2018



Hi everyone! We hope that you are well and that it is not too cold at home. Here it is nice and warm (between 64 and 77 °F by daytime). But today it's raining for the first time since April!!! Everyone is very happy because the climate is arid here and the land is completely desiccated. It hardly ever rains. Fortunately we are not on the road and we are still hosted by Jorge (the boss of the bike shop where we went to repair Kalima's bike suspension). We take this opportunity to learn Spanish. It feels like home here! Last weekend we had a ride in a Buggy (Jorge is a former racing driver) in the desert next to Ensenada (see video). And for a week, they make us taste all the Mexican dishes.



Before telling you more about those dishes, here is a quick note on the "unusual" hours for us to eat here. Breakfast (desayuno) can be taken from 5am until noon. Lunch (comida) is generally from 1pm until ... 5pm (and yes it's very late for us sometimes) and the evening meal (cena) is taken from 8pm until very late and the most often it's very late! So we often eat lunch at 4pm and the evening meal at 10pm! You've already heard about tacos, tortillas or burritos, like us, but we've discovered many other dishes.

Ceviches of fish on toadadas (see video of Sylvain): Tostadas are merely small corn tortillas toasted and crispy. For ceviches, they add a mix of raw fish, lemon, herbs, onions and of course avocado! It's delicious. We buy them one by one but we pay at the end what we have consumed. The price is 25 pesos for each ceviche. Sylvain loves them. He takes 4 to make a complete meal. For info 1 €uro = 23 pesos How much did Sylvain's meal cost in your opinion?



Tamales (cf video): It is a preparation of crushed corn with meat, spices and onions. All is served wrapped in a corn leaf (obviously we don't eat the leaf). They also make some for dessert and at that time replace meat with fruit (we could have both beef tamales and pineapple tamales). It's a dish that you eat especially in autumn and winter here.



Gorditas: Its name "Gorditas" means "little big". They are rather thick pancakes that are eaten stuffed most often with red beans or cheese. We tried them in a small restaurant near the school where we take Spanish classes. It's delicious but a bit greasy because they are fried in oil ... but fried food doesn't always go very well for Kalima... She was sick all night!



Empanadas: It's a little slipper stuffed with meat, vegetables, cheese or fruit. This dish is found throughout Latin America. We tasted them in a small village on the road going to Ensenada. We spoke less Spanish then, but we had a great time!



Quesadillas: The quesadillas are made with a warmed corn tortilla, on which cheese is melted. We can add many other things like meat and again and again ... AVOCADO! Yummy. Here they eat it for lunch but also very often for breakfast.



Tacos: We are very lucky because Ensenada, the city where we are this week, is famous throughout Mexico for its tacos and more particularly its fish tacos! A taco is made with a heated corn tortilla folded on itself (but not toasted) on which we put ... pretty much anything we want ... red beans (frijoles), meat, vegetables, sauce, avocado etc. We tried a lot of tacos but the best at the moment are the fish tacos that we ate there. We chose that day, tacos with fish a la plancha and shrimp donuts. A real delight!



Burritos: The difference with tortillas and tacos comes from the fact that burritos are made with wheat and not corn. They are usually larger and garnished with meat, cheese, rice, beans and vegetables. We ate some with rice inside, shrimp and beans. You must have a big appetite! (the photo will be posted on the what's app very quickly) And many other dishes ... We could talk hours about everything you can eat here, as Mexican cooking is rich and delicious. We'll stay about 3 months in Mexico and I think we will have the opportunity to share with you our next discoveries. In the meantime Jorge and his family have concocted a little French aperitif with wine, cheese and charcuterie to make you feel at home before going on the road again.



From our side, we leave tomorrow on the road to cross Baja California and reach Cortes Sea. We go through a desert where we will have to camp and we will probably have less internet access in the next few days. See you soon for new adventures!

Sylvain and Kalima