

Carmelita Club

Fireworks Foods Newsletter



A SLICE OF MEXICO IN AUSTRALIA

¡Hola Amigos!

After a few delays we welcome you to our first newsletter. We hope to spread the news of the Mexican cooking & culture to many more people in Australia through sharing recipes, stories and other useful information. We hope to make our newsletters fun & informative. Please send us any suggestions, thoughts, or even recipe requests you may have. If you would like to unsubscribe, just click the link at the bottom of the page.

In the coming month we have some very interesting products arriving including [chilmole](#) and squash flowers ([flor de calabaza](#)), there are great [Mexican cooking classes](#) happening in Sydney, and we will be continuing to make Australia's best corn [tortillas](#). We are very excited, and happy for your interest in our products.

All the very best for a great 2011.

Marycarmen & fireworksfoods

The Mexico I Remember...

Tortillas

In Mexico we eat corn tortillas daily, for breakfast, lunch and dinner and always accompanied with beans or chiles. My mum would give me a tea towel and some money, which meant it was time to go and buy a kilo of tortillas from the "Tortilleria" (a little shop that made & sold only tortilla). I lived a block away, and as I walked I could hear the constant grind and screech of the tortilla machines and smell the unmistakable aroma of freshly made tortillas. While waiting, I could feel the intense heat & deafening sound of the rattling old machinery. When it was my turn, I would hand our tea-towel to be filled with fresh corn tortillas, and also I would buy a "taco". Normally the taco was a rolled tortilla with salt but if I was lucky, on Sundays they would have salsa. It was wonderful walking back home with your taco in one hand, the hot tortillas in the other.

Now we make our own fresh tortillas & baked corn chips at our small factory in North Rocks. Nothing can replace the taste, texture & smell of fresh tortillas. Come and visit us. Marycarmen



Easy Recipes

Handmade tortillas Making your own fresh corn tortillas is very easy. All you need is a [tortilla press](#), [cornflour](#), a [comal](#) or skillet, water and a little bit of patience while you master the ancient art of the tortilla. For a simple recipe with photos, tips and tricks about making the perfect tortilla, click [here](#).



Tacos al Pastor Why not top your fresh tortillas with grilled pork fillet marinated in achiote, chilli and orange? For a great recipe, click [here](#).

Product Highlights



El Yucateco Hot Sauce For some serious heat and flavour, you can't go past El Yucateco Habanero Salsas. [read more...](#)



Doña Chonita Ready-made Salsas Ready to go Salsa with authentic Mexican flavour. A range to suit all taste buds and you only need simmer and serve. [read more...](#)

From the Garden

Here are some pictures of some chillis (in various stages of maturity) from my garden. From left to right they are [Tabasco](#) and [Purple Tiger](#). Read about more chilli's in our next newsletter.



Tabasco Made famous by the iconic Tabasco sauce. This plant produces highly erect chillis. Another colourful plant with the pods changing from dark green, yellow/orange & finally green

Purple tiger A spectacularly colourful plant. The leaves are tri-coloured ranging from Purple, green & with white splotches. The pods will turn from deep purple to green & finally red. They are surprisingly hot. A great chilli to have in a Mexican Pot.

Did you know...

Mexican cuisine was recently added to the UNESCO List of the Intangible Cultural Heritage of Humanity. [read more](#)

Specialty of The House...

A tourist went into a restaurant in a Mexican provincial city for dinner, and asked to be

served the specialty of the house. When the dish arrived, he asked what kind of meat it contained.

"Sir, these are the COJONES!" the waiter replied.

"The what, you say?" exclaimed the tourist.

"They are testicles of the bull killed in the ring today," explained the waiter.

The tourist gulped but tasted the dish anyway, and found it delicious.

Returning the following evening, he asked for the same dish. After he finished the meal, the tourist commented to the waiter: "Today's cojones are nice but are much smaller than the ones I had yesterday."

"True, sir," said the waiter, "However the Matador, does not always win!"