

Transcription:

Curtis: Enough talk about the pyramids and the landscapes. I want to talk about one of our all-time favorite things and that is the food. So the food is incredible here and it's really tasty, and we're going to tell you all about what it's like. Right, Amy?

Amy: Yeah, exactly. For those of you that don't know, back in 2010 Mexican cuisine was declared an intangible cultural heritage of humanity by UNESCO. UNESCO stands for the United Nations Organization for Education, Science, and Culture. They have UNESCO sites around the world, usually with some different – maybe some buildings or churches and things like that that they've preserved to demonstrate the culture. So that right there is a base for how amazing Mexican food is and we're so lucky to have this available to us pretty much every corner in the city, especially in the form of taco stand. Right, Curtis?

Curtis: Oh yeah. They're everywhere here. And my favorite thing that a taco stand has is al pastor tacos. So it's barbecued pork that's marinated in a special kind of marinade and they slice it. It's on a spit is what it's called. So it's something that they have to shave off or cut off with a knife.

Amy: Actually, I found out from the video that taught me how to make al pastor tacos, the marinade for it, I found out that this is an influence from the Middle East because they have kebabs and it's on a spit as well and they shave off the meat. It's kind of like the Mexican version of it, so I thought that was pretty cool.

Curtis: Wow, interesting. A reason why I love this is that flavor of the pork and the toppings. So I love cilantro – so you can have that on there, it's like a staple – onion, tomato, all the hot sauces and mild sauces that you can imagine, and the little piece of pineapple, the key part to those tacos as well. So, wow.

Amy: I think one of the things also that's a little bit of a myth is that absolutely all Mexican food is spicy, and this is not true. I would say there are definitely some dishes that are hot and I don't think they would be the same without having some spicy component to them or some chillies in there. But, for example, the pastor taco even though the seasoning of this marinade is mostly made of chillies, you take out the veins of the chilli and the seeds of the chilli, and you're just left with the chilli flavor and not a lot of the heat. So pastor tacos are not spicy. And if you want to make your tacos spicy, you need to put some of the homemade salsas on there which range from no spice at all to like flames coming out of your mouth. Like, I don't even know how people eat this stuff. So it's pretty crazy. Mexicans that love spicy food, oh man, they can eat fire. I don't know how they do it.

Curtis: Then what I like to do if it's spicy is I'd like to wash it down with an agua fresca. These are the fresh waters or fresh juices, and they come in all these great tropical fruit flavors such as melon, such as passion fruit.

Amy: Orange, Jamaica. Jamaica is like a hibiscus tea brew I think. It's this intense purple color that's very, very tasty. And horchata of course. Horchata is another – actually, I'm not sure what horchata is made from but cebada is barley. It's kind of interesting but it ends up tasting like a cinnamon bun. It's like a cinnamon bun flavor in a cup. I don't know how that comes from barley. But anyway, it's just an example of some of the tasty flavors we have here.

One of the things – I'm very, very passionate about cooking, baking. I consider myself a bit of a foodie, somebody who seeks out really good food, and I'm interested in eating at really great restaurants with awesome flavor. So, for me, I think that one of the things that makes Mexican food absolutely amazing is really where the ingredients come from. We're in a country that fruits and vegetables are able to grow all year round, and we also have a series of different climates north to south in the country, as well as the coastal environment where it's very tropical and hot up to high elevation environment. Just the diversity of the ingredients that are grown here within this country with this warm climate and things are picked at their peak ripeness and sold at the store, especially here on the coast where we live, when you use these types of ingredients as the base for your cooking, I promise you everything is going to taste better. And beyond that, Curtis, almost everything is made from scratch, right?

Curtis: Yeah. All of the sauces, all of the tortillas they're hand-made from corn.

Amy: They're the good tortillas. They do have machine-made tortillas. But any Mexican will tell you that hand-made tortillas just taste better. It's the same dough but somehow in the cooking process, they're just better when they're hand-made.

Curtis: Yeah.

Amy: And we are also very, very picky about our tortillas and the taco stands and the salsas and all of the stuff. But, for example, with the taco stands, taco stands essentially are fast food but there's nothing fast food about it in that stereotypical way. Like, McDonald's – everything is processed food, everything has a very, very long shelf life. It is frozen. It's just not really very natural. But when you go to a taco stand, the tortillas were made fresh in the morning, the meat was marinated maybe the day before but it's cooked that day that they're serving the food. All of the cilantro and the onions and the salsas, they're all made fresh either that day or maybe the night before, and it's mostly just assembled as you order it, which is the fast food part of fast food. But if you ask me, every element of that is home cooked and it's just how everything is prepared here. So when you're looking at the – I don't know. What are some of the famous dishes that you can think of, Curtis?

Curtis: Quesadillas, enchiladas.

Amy: Mole?

Curtis: Mole.

Amy: Mole is the famous one that comes from the Puebla region, and it's a mix of cocoa like chocolate with a bunch of other spices. When I say a bunch, I mean like a lot. A lot. I don't even know what's in a mole but there are so many different recipes for this. And it's often cooked with chicken, for example. It's a really popular dish made with a sauce served on rice or something like that.

The tamale is another one. I don't know. There are so many different types of cuisine in Mexico here. But I highly recommend, if you're somebody who loves to eat and you want to eat delicious food, Mexico is waiting for you.

So I think this pretty much explains why we like living in Mexico so much. And one of the other common questions that we get asked is, "When are you moving back to Canada?" What's the answer to that, do you think, after hearing this conversation?

Curtis: We're not.

Amy: We're not. We love Mexico. This is a very, very cool country and we're excited to be able to explore this country. We recognize that it's a developing country. It definitely has some problems. There are some areas that are dangerous that you shouldn't travel to, absolutely. You need to do your research and know where you're going and know the risks of any country you're going to. But there are plenty of places that you can visit and enjoy the history, the people, and the food. So we invite you guys to come and explore Mexico as soon as you can.