

Cooking with Mexicali Blues

Karen Orlando (co-owner) and Gloria Melendez (chef) of Mexicali Blues prepared for a demonstration on Salvadorian cooking using ethnic veggies from the Arlington and Columbia Pike Farmers' Market. Students learned how to make the restaurant's signature salsa using farm-fresh tomatillos. They also experimented with making "pupusas" - stuffing thick tortillas with melted cheese and fresh amaranth greens. The main dish was pastor, or seasoned pork, marinated using Ancho chili peppers just recently picked from the field. For more information about buying locally grown ethnic veggies go to www.arlingtonfarmersmarket.com/worldproduce

