



September Marks the One year Anniversary of Hotel Los Arcos de Sonora - join the party

Celebrate the Bicentennial of Mexican Independence in Banámichi, September 15 - 18

Bicentennial Special

Stay two nights and get a third night free. Includes gourmet breakfast. Offer good for September 2010 Offer based on availability, some restrictions apply. Use promo code REV-100

Hotel Los Arcos is just five hours from Tucson and 3 hours from Bisbee.

Click here for maps and directions

Upcoming Events

September:

8th - Dia de Nuestra Señora de Loreto
9th - 1st anniversary of Hotel Los Arcos
15th-18th -Fiesta -Dia de Independencia

Reservations:

US direct 303-838-6505
In Tucson 520-777-1503
Toll Free US 1-888-763-6185
In Mexico call (01) 623-231-0289



www.losarcossonora.com
email: info@losarcossonora.com

September, 2010

Hola de Banámichi.

The labor day weekend is fast approaching. Why not spend it in Banámichi? We have rooms available and lots of interesting things to see and do. Call now and we can arrange horseback riding, walking tours, cooking lessons and more.

The celebration of Mexican Independence is just two weeks away. As we noted in last month's newsletter, this is a 5-day celebration starting the 15th of September so don't miss it.

If you like chilies (chiles) then September and October are for you. Autumn in the Rio Sonora is time for Chiles. Chile verde (green chile) Chile colorado (red) and, of course, chiltepin.

Chile verde (green chilies) is a staple in Sonoran cooking year round. Their tapered shape and slightly curled tip and distinctive color - a shade lighter than bell peppers - only hint at the complex flavor inside. The heat of chile verde ranges from mild to somewhat hot (chiloso.) Some say that the heat of a chile can be predicted by how pointy the tip is but while it is helpful, it is not a consistent predictor. But who cares?

Chiles mean at least a little heat so why not a bit more. Chile verde is prepared by roasting over an open flame. This can be the burner on a gas stove, a barbeque or a specially made roaster. The chiles are wrapped in a moist towel or plastic bag and allowed to steam for a few minutes. The skins come off easily under running water. Chile verde is used in salsa bandera, a mix of green chiles, white onion and tomato. (You can substitute jalapenos for the green chilies for carne asada) Bandera is Spanish for flag and the salsa is called bandera because the colors of the ingredients are the green, white and red of the Mexican flag. At Hotel Los Arcos, we use it as a garnish for tacos, added to egg dishes and other foods. We have been experimenting with adding mangos, oranges and ginger root to the chile verde to create different types of salsas. We find they go well with chicken and pork dishes.



The sight of chile colorado (red chilies) drying on tin roofs provides a burst of color among the tans and greens of the Sonora Desert. Ristras (strings) of braided chile colorado, used for cooking or for decoration are for sale along the roadsides. Used fresh but typically dried and ground into powder (chile molido) the reds give both a distinctive flavor and color to many traditional Sonoran dishes. From a breakfasts of chilaquiles, (corn tortillas, cut into pieces and cooked in a sauce of chile colorado) to enchiladas at dinner, chile molido is perhaps the most used seasoning after salt. Rub the chile on meats before grilling or use in a marinade. People here will sprinkle chile molido on watermelon, sliced lemons and even mangos.



Yet the king of the chilies of the Rio Sonora is the unimpressive looking chiltepin. This is definitely a case of good things coming in small packages. The chiltepin grows wild and resists all efforts at cultivation. The berries are small, red, and round, no larger than a pea and are harvested in October. Since the plants grow wild among the other shrubs and trees, they must be picked by hand, often on steep slopes. Local ranchers and landowners allow harvesters to pick the chiltepins for a percentage of the harvest. Berries are also picked on public



*We ride -Hotel Los Arcos is
Motorcycle Friendly*

lands. The berries are cleaned and dried in the sun before being used. The berries may be crushed in a chiltepin mill at the table, usually in a decoratively carved ironwood grinder, and sprinkled on food. Salsa de Chiltepin is made using tomatoes and berries, pureed and cooked slightly. Both add a burst of heat to foods. The salsa is an excellent adjunct to egg dishes and the ground chiltepin is perfect in soups and stews. Start off with just a little and work your way up. We use it to add spice to almost everything from seafood to spaghetti sauce. The chiltepin, while not as hot as the habaero chile on the Scoville scale, provides a very rapid heat sensation. The heat fades fairly quickly unlike other varieties of chiles that start slowly, build their heat and linger. This rapid heat effect may make the chiltepin seem hotter.



So call now and plan your visit. We promise, there will be plenty of chiles and other great food for you to try from mild to muy chiloso.

We are also excited to report the completion of the second of our two murals celebrating the centennial of the Mexican Revolution. "Las Adelitas" celebrates women's role in the Revolution. The two murals bring a part of the rich history of Mexico to Los Arcos. Click the photos to view larger images



www.BanamichiMexico.com, is the new website designed to help you get to know Banámichi better. We've listed local businesses and are in the process of adding events and other information we think you will find interesting.

Click on the link to watch our video on Youtube. Please share it with your friends.

<http://www.youtube.com/watch?v=B0of4hRmhRA>

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