

**News Release
For Immediate Release**

National Taco Day October 4, 2017

Celebrate National Taco Day

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October 2, 2017

Celebrate National Taco Day

Last year Americans ate over 4.5 billion tacos!

We love our Tacos ! on National Taco Day & on Everyday!

That's 490,000 miles of tacos, which could take you to the moon and back or, if you prefer, could, at 775-million pounds, equal the weight of two Empire State Buildings.

The word taco is the Mexican equivalent of the English word sandwich. The tortilla, which is made of corn or wheat, is wrapped or folded around a filling that is generally made of spiced proteins - beef, pork or fish.

For National Taco Day this October 4, consider the countless variations you can create using traditional meats or with seafood, chicken, beans, cheese and eggs. Yank out your garnishes – salsa, cilantro, avocado, tomatoes, onions and lettuce and you have a dish of great versatility and variety.



Some Taco History

For a dish so widely available, the history of the taco is really unknown. But according to taco expert Jeffrey M. Pilcher, the word originates from the silver mines in Mexico in the 18th century, when taco referred to the little explosives workers used to extract the ore.

These were pieces of paper wrapped around gunpowder and placed into holes carved in the rock. “When you think about it, a chicken taquito with a good hot sauce is really a lot like a stick of dynamite,” says Pilcher in an online article at Smithsonian.com. “The first references [to the taco] in any sort of archive or dictionary come from the end of the 19th century. And one of the first types of tacos described is called tacos de minero—miner’s tacos. So the taco is not necessarily this age-old cultural expression; it’s not a food that goes back to time immemorial.”

Still others claim tacos predate the arrival of the Spanish in Mexico in the 16th century. Anthropologists say there is evidence suggesting inhabitants of the lake region of the Valley of Mexico ate tacos filled with small fish. The fish were replaced by small live insects and ants in the states of Morelos and Guerrero, while locusts and snails were favorite fillings in Puebla and Oaxaca.

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The U-shaped version is first noted in 1949 in a cookbook by Fabiola Cabeza de Vaca Gilbert. A device that would hold the taco in its U-shape as it deep fried helped in the mass production of this product. Kits are now available everywhere.

Taco Types

There are many traditional varieties of tacos, some of which include Tacos de Cabeza, which are the brain, tongue, eyes and lips of a cow's head. Others include crispy tripe tacos, shrimp tacos and Tacos dorados, which mean fried tacos. Called flautas because of their flute shape or taquito, these tacos are filled with cooked and shredded chicken or beef and rolled into tube or flute shapes and deep-fried until crispy.

Taco al Pastor, which means shepherd's style taco, is the most popular variety in Mexico. It generally consists of spiced pork, which is cut in slivers from a vertical spit over an open flame. Breakfast tacos are served at many restaurants especially in the American Southwest. This fried corn or flour tortilla is rolled and stuffed with a mixture of meat, eggs or cheese and topped with onions, salsa and avocado. Huevos rancheros, anyone?

Ensenada, Mexico is said to be the birth place of the fish taco, a claim many of the city's restaurants try to make for their own. The best place to sample them is at any of the small food stands that line the streets around the Mercado Negro, Ensenada's fish market. The fish tacos served are small pieces of battered, fried fish in a hot corn or wheat tortilla.

Trivia: Thought Taco Trucks were new ?

One of the first taco trucks is thought to have started in New York when in 1966 two New York housewives operated an early version of the taco truck. Although the truck did not have a full kitchen, it was available for catering.

Source <http://www.nati.com/>

Family Favorite Taco Boats!

Check out the #dinnertonight #newrecipe - Family Friendly Taco Boats. This simple recipe will have kids and adults asking for more – a perfectly portable taco, ready for toppings of your choice!

[Click here for this recipe!](#) Or go to

<https://dinnertonight.tamu.edu/recipe/taco-boats/>

Source Dinner Tonight; Texas A&M AgriLife Extension

