

For information about  
**Howard County Farmers'  
Market**, events at the  
market or demonstration  
garden or how to become  
a market vendor,  
contact Market Managers:

**Debra Bolding**  
**(870) 557-2352**

or

**Glenda Rice**  
**(870) 845-8859**

or pick up an application  
packet at:

**Nashville Chamber of  
Commerce**

107 South Main  
Nashville, AR 71852  
(870) 845-1262

Visit the Farmers Market page at  
the Chamber of Commerce  
website at

**[nashvillear.com](http://nashvillear.com)**

and check the  
**Growing Healthy  
Communities Calendar of  
Events** at the Chamber Website  
as well!



# **PAPA POBLANO'S MEXICAN CAFE**

1624 S. Fourth St. \* Post Office Box 507  
Nashville, AR 71852  
(870) 451-9468 \* fax (870) 451-9022  
Email: [pao\\_ppnashville@hotmail.com](mailto:pao_ppnashville@hotmail.com)

## **CARNE A LA TAMPIQUENA**

**HOWARD COUNTY  
FARMERS MARKET**

**9:00 AM**

**July 27, 2012**



Carne a la Tampiquena dish is said to have originated in the town of Tampico, in the Mexican state of Tamaulipas. It is customary to serve this meal with entomatadas (similar to enchiladas), refried beans and tortilla chips (totopos). This dish has possibly become one of the most representative dishes of Mexican cuisine internationally.



**What is flap meat anyway???** Flap meat comes from the bottom sirloin, from a similar region as flank steak or skirt steak, but a different cut - not very tender, but well-marbled and flavorful. Cooked properly, very delicious!

## CARNE A LA TAMPIQUENA



- Grill 8 oz. seasoned flap meat, place 1/2 cup Monterrey Jack cheese on top and place in oven to melt
- While cooking flap meat...in a separate saucepan add butter or pan & grill and grill 1/2 sliced zucchini, 1/2 sliced squash, 1/2 sliced onion, 2 sliced jalapenos (optional) with beef seasoning. When almost fully cooked grill 8 slices of tomatoes with it- to not overcook tomatoes.
- Place 1 cup of raw bell peppers and 1 cup of raw onions on sizzling skillet and place flap meat on top. Then add topping which was grilled in saucepan.
- May serve with side of rice, refried beans, pico de gallo, sour cream and tortillas.



Serves four people