

About Fajitas

The first evidence of the fajita comes from Mexican ranch workers living in West Texas along the Rio Grande in the late 1930s and early 1940s. Back then, the workers were sometimes paid with meat as partial payment for their services. They were given the least desirable parts, though – the head, entrails and skirt steak, which can be found underneath the cow's heart and lungs. The workers learned to use the tough cut and make it into an edible meal. They marinated and grilled the meat and served it on tortillas. For decades, the dish was a common backyard and campfire meal, passed down from generation to generation without any real intent to bring it mainstream.

The word fajita is not known to have appeared in print until 1971, although fajita originally referred to these strips of beef skirt, fajitas now are made with a variety of fillings, such as green/red/yellow peppers, onions, chilies, and jalapeño peppers.

Why does eating chili peppers make your mouth burn?

The burning and pain you feel when you eat a chili pepper is caused by a compound called capsaicin. Consuming capsaicin triggers pain receptors in the body to send out a warning to you that you've potentially done something a little dangerous.

When ingested, capsaicin triggers pain receptors whose normal evolutionary purpose is to alert the body to dangerous physical heat. In humans, this is triggered via the same mechanism that helps us drop a hot pan if we forget oven mitts: the temperature sensation receptor TRPV1.

The working theory is that eating chilies gives us the same sensation as if we were to actually eat too-hot bite of food, hence the burn. The TRPV1 receptor signaling may make us feel like perhaps our mouths are on actual fire, but scientists say there isn't any tissue damage. It's a brain hiccup: via those pain receptors, our brain is tricked into thinking our tongue is on fire. So why do we eat them if it hurts? Scientific American thinks we like the burn, tolerating the pain for the pleasure of the whole.



Fajita Seasoning Recipe

Ingredients:

1. 2 teaspoons Chili Powder: A pop of spice is always good when enjoying a fajita.
2. 1 teaspoon Paprika: Red is the color and it is flavorful with a hint of sweetness mixed with some heat.
3. 1/2 teaspoon Cumin: Earthy flavoring that blends well with paprika.
4. 1/2 teaspoon Garlic Powder: You can never have enough garlic.
5. 1/2 teaspoon Onion Powder: Bring in some onion flavoring to enhance this flavoring.
6. 1 teaspoon dried Dried Oregano: Texture is key with oregano and fun to add in this homemade seasoning.
7. 1 teaspoon Salt: This will add balance
8. 1 teaspoon Sugar: Add a little sweetness to the seasoning
9. 1/4 teaspoon Cayenne Pepper: A little more spice to help add to the seasoning.

Instructions In a bowl combine the ingredients. Keep in a sealed container in a dark place. Use as needed, about 1 teaspoon per serving.