



# EL HERALDO DE CORTINAS



\* JULY 2011 \*

**CORTINA'S**  
RESTAURANTE DE COPAS



YOUR SUMMER STARTS AT  
**CORTINAS!**  
**60 DAYS OF SUMMER**

ENJOY THE SUMMER  
SEASON TO THE FULLEST  
AND LET CORTINAS SHOW  
YOU SOME LOVIN'!

Follow us on Twitter and  
Facebook for daily  
giveaways during July  
and August.



## WELCOME TO CORTINA'S.....

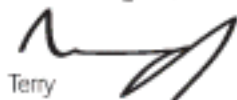
MY LOVE OF MEXICAN FOOD AND culture was born many years ago in the city by the bay. I immigrated to San Francisco the day before my 21st birthday and embraced all things, would you believe, Mexican!

Moving to San Francisco was a great and incredible experience. I started my first business, met and married my ever tolerant wife Kathryn and discovered my love for Mexican food and Margarita's!

Opening Cortina's Mexican Restaurant in Dundrum Town Centre has allowed me to share a little of that "Mexican Fiesta" with you.

I am excited to share with you some of our upcoming events and specials this summer and as always I look forward to seeing you at Cortina's soon.

Warmest Regards,

  
Terry

**CORTINAS SPECIALS**  
**HAPPY MONDAYS,**  
BUY ONE GET ONE FREE ALL DAY  
AT **CORTINAS MARGARITA,**  
**BLUE MOON BEER.**

**TACO TUESDAY**...mmm  
ALL YOU CAN EAT TACOS.  
ALL DAY, EVERY TUESDAY FOR JUST €2!

**TEQUILA FUN FACT!**

Mexican scientists discovered that if you vaporise Tequila at 800°, then cool it into an even layer, it produces synthetic diamonds.

**CORTINAS  
NEW WEEKEND  
BRUNCH MENU**

STARTS JULY 16TH  
Enjoy a family style brunch or shake it up with a Mexican Sangrita for the perfect hangover cure!  
Sat/Sun: 12.00 – 4.00pm



**SAVE THE DATE**  
**UPCOMING  
EVENTS!**

**TEQUILA TASTING NIGHT**

TUESDAY JULY 19TH. Sip Patron tequila along with creative cocktails by our resident bartender Memo Flores.

€10 per person includes one speciality cocktail, botanas (Mexican tapas) and of course...TEQUILA!

TEQUILA  
**PATRÓN**



# HEALTHY MEXICAN FOOD

WHY NOT TAKE YOUR FAMILY AND FRIENDS on a virtual trip to Mexico by way of the dining room table? Treat yourself to food where the vibrant flavors of lime, chilies, and cilantro create fatless and faultless flavor and sauces are made not with butter but with toasted nuts, seeds, and spices.

Instead of sour cream or crema, use guacamole to add a rich touch to tacos and burritos. It's just as luxurious, but because it's made with avocados, it contains heart-healthy monounsaturated fat, which helps raise "good" cholesterol, as well as potassium and vitamin B6.

## HOMEMADE MEXICAN GUACAMOLE



To ripen hard avocados, leave them in a closed paper bag at room temperature for a few days.

### INGREDIENTS

- 1 1/2 tablespoons finely chopped white onion
- 1 tablespoon plus 2 teaspoons finely chopped fresh cilantro (coriander)
- 1 1/4 teaspoons jalapeno, seeded and finely chopped
- 1/2 teaspoon coarse salt, plus more for seasoning if desired
- 1 ripe avocado, pitted, peeled, and coarsely chopped
- 3 tablespoons tomato, seeded and finely chopped

With a large mortar and pestle, mash onion, 1 tablespoon cilantro, jalapeno, and salt until smooth and juicy. Add avocado, and mash slightly (avocado should remain somewhat chunky). Stir in tomato and remaining 2 teaspoons cilantro. Season with salt, if desired.

**EAT IMMEDIATELY.**

## UPCOMING DUNDRUM EVENTS

- SAT 2ND, SUN JULY 3RD** - Oxygen Weekend in Pembroke Square: Your one stop shop pre Oxygen for fashion, beauty and camping equipment. Music, entertainment and food to get you in the festival mood! **Cortina's will deliver to the event. FIESTA TIME!!**
- SAT JULY 9TH** - Free Entertainment with the Glee Summer Camp on Town Square from 12pm to 4pm
- JULY 13TH TO AUGUST 17TH** - FREE Open-Air Cinema in Pembroke Square every Wednesday 5pm and 7pm - seating is provided. **Cortina's will deliver food & drink to the Open-Air Cinema. MMM... NACHOS!!!**
- FRI JULY 15TH** - Hollister Store Opening
- JULY 16TH TO AUGUST 21ST** - Free children's entertainment every Saturday & Sunday from 12pm to 4pm in Pembroke Square

## MEET OUR STARS!

Memo joined Cortina's in May 2010. He is originally from Monterrey, Mexico.

### How do you find living in Ireland?

One of my biggest challenges is Ireland, to adapt myself to the society, the weather and driving on the opposite side of the road. I love challenges and I do love to be challenged, even more when it's by myself, trying to be better every day.

### What are your indulgence foods, the stuff you can't say no to?

Definitely TACOSSSS!! Love them with spicy salsa yummy.

### What is your fantasy profession, something you might not have the ability to do but would thrill you?

I wish to be a pilot of a F15 or astronaut, or ...a rock star.

### Which of Cortina's Salsa's best captures your personality?

Habanero, hot hot hot!!!



# MEXICAN FOOD AND CULTURE

**CHERISHED BY NATIVE INDIANS** IN pre-Columbian times, vanilla is one of the many culinary treasures of Mexico.

Papantia is the cradle of vanilla farming in Veracruz, on the east coast of Mexico. Vanilla became a cash crop 260 years ago, with most of it going to France. When French colonialists developed their own plantations in Madagascar, the demand for Papantia's vanilla declined.

Today, it's enjoying a revival, with the creation of co-operative smallholders. The harvested pods, which come from an indigenous orchid, are steamed and sun-dried to develop their aroma. The propagation, grading and packing is all done by hand. It's said to be the best vanilla in the world!



# CORTINA'S CINCO DE MAYO

IT WAS A HIT!



# FASHION, BEAUTY & STYLE BY MISSCURVY



Hi, I'm the recently crowned Miss Curvy 2011! I investigate great cosmetics, lotions and potions and once in a while, products just blow my mind and must be shared! Here are a few of my NEW favourite beauty products for Summer 2011.

## BE A SUMMER BOMBSHELL

BEST bronzer for hot summer days is **Urban Decay Baked Bronzer** (€23 House of Fraser) It provides your complexion with the warmth and luminosity of a natural tan. Re-create that post-holiday glow by dusting a glaze over the cheeks and on the bridge of your nose, forehead and tip of your chin. Get retro by fixing brows with a hint of Vaseline!



BEST blush is definitely **NARS Orgasm Blush** (€28 Harvey Nichols). It is a beautiful coral/pink with subtle gold undertones that stay in place. Perfect if you want to take your look from day to a night of cocktails and drinks at Cortina's... it makes skin positively glow!

*Misscurvy is a Senior Make-up Artist & Body-Painter with House of Fraser*

Twitter/ BYMISSCURVY  
Facebook/ MISSCURVY

## CORTINAS DRINK OF THE MONTH



## BROOKLYN SUMMER ALE

Brooklyn summer ale is a modern rendition of the "Light Dinner Ales" brewed in England throughout the 1800's right up until the 1940's – great with our prawn Tacos and salsa roja.

"Super drinkability...slides down the throat. This is a quality summertime outdoor brew.

Definitely recommended."

## WHAT PEOPLE ARE SAYING ABOUT US!



My friend and I ate here last night on a recommendation from another friend and we were well impressed. The food was definitely the best Mexican food I've tasted for a long time! - [menupages.ie](http://menupages.ie) May 2011

'Everything was fresh and tasty and that coupled with the great service and fab margarita's would definitely encourage me to go back' - [menupages.ie](http://menupages.ie) April 2011



**PERFECT GIFT!**  
TREAT YOUR FAMILY OR FRIENDS TO A CORTINAS GIFT CARD. **THE PERFECT GIFT!**

**WANT TO HOST AN EVENT OR BIRTHDAY PARTY?**  
CUSTOMISED FOOD AND PARTY PACKAGES AVAILABLE.  
CONTACT SEAN ON 01 2164668

## WHAT HAPPENS IN CORTINAS STAYS IN CORTINAS

Pembroke District, Dundrum Town Centre, D16  
T: 01 2164668, E: [info@cortinas.ie](mailto:info@cortinas.ie)  
Web: [Cortinas.ie](http://Cortinas.ie)  
Follow us on Twitter/Facebook  
Hours: Sun-Thur 12 – 10pm Fri-Sat 12 – 11pm