



ANCIENT CITY APPETITE

BY JOSHUA BAER

EL PARASOL

1833 Cerrillos Road, Santa Fe

Mondays through Fridays 7 a.m. - 8 p.m.

Saturdays 8 a.m. – 7 p.m. Sundays 9 a.m. – 3 p.m.

505 995-8015

You know the feeling you get when somebody close to you says “I know it looks bad but, believe me, it was an honest mistake”? The line comes at the end of an explanation. The explanation is either full of apologies that sound like stories or full of stories that sound like apologies. The problem with the explanation is that it’s an attempt to sell you a lie. If you buy the lie, or act like you’re buying it, the liar expresses relief. Then he or she changes the subject. All of this would be helpful if the liar went away, but liars don’t go away. Instead, they hang around, like panhandlers, reminding you of your lack of nerve.

You know the feeling of being lied to because you also know how it feels to be told the truth. When you hear the truth, you recognize it, because the truth doesn’t have to be sold. It just has to be told.

In Santa Fe, there are the restaurants that lie and then there are the restaurants that tell the truth. One of the restaurants that tells the truth is a take-out place on Cerrillos Road. Its name is El Parasol.

El Parasol has locations in Espanola, Los Alamos, Pojoaque, and south Santa Fe. People say the El Parasol in Pojoaque is the best. They may be right. I go to the one on Cerrillos because it’s the closest location to my house. Information about El Parasol’s other locations is listed at elparasol.com.

Everything on El Parasol’s menu is worth ordering, including the Footlong Chile Cheese Dog with Onion, \$6.50 (yes, I know), but these are the items you do not want to miss.

Chorizo Burrito (with scrambled egg, potatoes, cheese, and chile) \$4.90. I order mine with no egg, extra Christmas. It’s delicious with the egg but each time I eat one with the egg, I go into a burrito coma. Without the egg, the chorizo takes its rightful place as the star of this all-world burrito.

Carne Adovada Burrito (with beans and cheese) \$5.95. Try it with no beans and extra green chile. This is the best burrito in Santa Fe. You could build a religion around carne adovada that tastes this good.

Chicken Tacos (with cheese, guacamole, and lettuce). \$2.50, each. Or you can order the Chicken Taco Combination Plate, for \$8.50. The plate comes with three chicken tacos, beans, cheese, and your choice of *posole* or rice. I like the rice.

Congratulations, Merry Christmas, and Happy New Year to the Atencio family and to all of El Parasol’s employees. El Parasol’s food is a gift to the people of northern New Mexico. We are grateful.

Photograph by Joshua Baer. Ancient City Appetite recommends places to eat, in and out of Santa Fe. Send your favorites to places@ancientcityappetite.com.