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This site is not available in your country I actually saw them out for Bobby Flay's " Throwdown" on the Food Network and couldn't resist reposting this for future use. They're just done and have a great way to mess things up on Taco Night! DIRECTIONS Combine all ingredients in a large bowl and mix thoroughly. When the dough is consistent start rolling dough balls about the size of a ping-pong ball. Using a tortilla press, which is lined with thick plastic, press from the dough. You use plastic (it can be a ziploc bag that is cut) so that the dough does not stick to the tortilla press. Meanwhile, there is a deep pot filled with cooking oil about 2 inches high and heated to 250 degrees. Drop the flat tortilla with hot oil and using a metal spatula to repeatedly douse with oil. You will see that it will start to puff up. Flip it over and using a spatula to make an indentation in the middle of the tortilla into the shape of a taco shape. Remove from oil and allow to drain. Fill with minced meat, chopped chicken, guacamole, beans and cheese or your favorite stuffing. Top with chopped salad and salted. Caution: Be very careful when doing these. Make sure that the ventilation is correct and does not allow the oil to get too hot. Also, if you can not get your hands on the tortilla press then use a clean meter. You will still need plastic so that the dough does not wander at the counter. Place your dough ball on plastic and cover with more plastic and then using something heavy to press it out. San Antonio: How to make ply tacos pling taco is not a crisp taco, crunchy taco, or soft taco. It's a strictly plingy taco, and after one (or three), you may be willing to give up all other taco forms. Chef Diana Barrios-Treviños Los Barrios San Antonio will easily admit that she has not invented a plying, but she and her family have perfected them over the years. Maybe you've seen her make them throwdown with Bobby Flay, or read about her serving puffies to President Obama (and 2,400 others) last year on the White House lawn. My mother always taught me not to soak up any ingredient, said Barrios-Treviño, who gets her fresh white mass brought to the restaurant every day at 5 .m. She was worried about finding fresh stuff D.C.-White House is firmly on not outside the ingredients. You walk with your wallet, that's about it. But White House chef Cristeta Comerford fortunately found her some. Psy you taco begins with this fresh mass plus salt and water; but not too much water, otherwise cornmeal putty will stick to the hands. Take about a golf ball is worth it, then smooch it tortilla press until it's flat, but not too thin. Then into the fryer it goes. Not very long, about 45 seconds tops. Who is on the plying taco tax in Los Barrios, or second place in La Hacienda los Barrios, be part of the juggler, plopping them up, flipping them several times, preparing the next one, and making sure they are not broken by sizzling oil. That was Bobby's problem throwdown. He couldn't puff tacos to save his life, said Barrios-Treviño. It didn't help that he used maseca instead of fresh mass, which she'll use to pinch. Like the night after the show aired, or when it repeats itself on TELEVISION now, she inevitably ends in fresh mass, as each table orders at least one plate of puffies (and each comes with three). The key is to gently spatula-poke the baking mass to make the edges fold into the shell as it is puffing in the jacuzzi of sizzling soy oil. When they come out, the puffies are super-crisp on the outside, but soft during the surprisingly light-fried dough, no dough or heavy in the slightest, just airy and corn-y inside. You can fill them with, really, whatever you want: beef or chicken plus salad, tomatoes, beans, cheese, and guacamole. One lady comes here and wants to tripe out menudo soup for her plingy tacos, said Barrios-Treviño, who is about to accommodate anyone from a margarita-sipping mom to an eight-year-old, making everyone feel like they're in their big friendly living room. We recently visited La Hacienda de los Barrios to learn how to make a Tex-Mex specialty from start to finish. Watch the puffication in this slideshow! Special thanks to the Texas Beef Council, which sponsored this trip to San Antonio! All products associated here are independently selected by our editors. We can earn commissions on purchases as described in our affiliate policy. Policy.

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