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Gorditas de maiz recipe

This post may include affiliate links. As an Amazon partner, I earn from eligible purchases. The mere mention of Gorditas evokes family memories of sitting around the table with my grandmother. The sound of clapping hands is something that makes me wish I was a child again, hiding behind my abuelita. They are as Mexican as red pork tamales and corn tortillas. Once cooked, cut them in half and stuff with your favourite topping. You'll love every bite of these DELICIOUS gorditas. To make gorditas, you need: masa harina hot water salt baking powder Olive oil (optional) Make them for dinner, lunch, even breakfast gorditas. They're so easy to do. Word to the wise: Use hot water. No hot water, or you're going to burn yourself. Olive oil is optional, but it helps to reunite the dough and adds flavor to the gorditas. The baking powder will make them swell slightly as they can be very flat, almost like a thick tortilla. Masa Harina is a special type of corn flour that has undergone the process of nixtamalization. You cannot replace masa harina with regular corn flour. It is an essential and key ingredient of this Mexican recipe. If you can't find it at the grocery store, you can buy masa harina online. More recipes using Masa Harina: Masa for Tamales Tlacoyos Sopos Place all ingredients in a bowl. Mix and add water slowly until combined. Work the dough, mixing until smooth. Form masa into small balls, the size of a baseball. This recipe comes together very quickly. The masa itself is not sticky. It looks like grainy PlayDoh. Pro tip: Wet your hands. Or keep a bowl of water next to your masa. Water will help form gorditas. Then pat the dough balls with your hands back and forth until you have formed a small disc. Do this until you don't have any masa left. If your edges are uneven or cracked, get some water and with your finger rubbing the ends until the ends are smooth. They will almost instantly smooth out. One or two uneven edges is ok. The food is not supposed to be perfect. Tortilla press method Place the masa ball between waxed paper or plastic wrap in the tortilla press. Press down, but not all the way. The masa for gorditas should be thick. Then cook... How to cook gorditas: Fry them in hot oil for a few minutes on each side. Oil a hot plate and cook on each side for 3-4 minutes. You don't have to fry them, but fried gorditas taste so good! You can also do so and fry them in lard. If you decide to make them on a frying pan (or comic), they will be just as tasty. Difference between gorditas and pupusas: Both are very, very similar. Gorditas are Mexican, and pupusas are from El Salvador. The main difference is that the gorditas are stuffed after they are cooked. The pupusas are stuffed and then cooked. Drain excess oil on a paper towel. No one wants excess oil. Too much will do Limp. Note: These are gorditas de maez (corn gorditas). Harina gorditas (or flour gorditas) are different. Gorditas flour are softer. Corn gorditas are tasty. Recipes are not interchangeable. Using a serrated knife, cut the corn cake in half, leaving the end still tied. You create a small pocket to add your toppings. If you cut through the end, that's ok. Just use placing the top on top of your filling. Great party idea! Serve the gorditas already cut in half, and your guests can add any filling they want. Also, when serving your gorditas, make sure you have your pads ready to go. Topping ideas: Chicharron en Salsa Verde Chorizo con Papas Picadillo Refried Beans Calabacitas a la Mexicana... and more! These feed a lot of people (almost like breads and fish), and everyone still loves them. You can even make them for a potluck, and people can bring their own toppings. Toppings Ideas: Shredded lettuce diced tomatoes crumbled queso fresco crema mexicana your favorite salsas You can add all, some, or none of the toppings noted here. Gorditas are usually eaten with your hands, not with a fork and a knife. Serve with plenty of towels. Freezing instructions Once you have made the gorditas, let them cool. Place them in a waterproof plastic bag. Remove as much air from the bag as it is. Place in freezer. Frozen Gorditas will last up to 3-4 months. Gorditas in the refrigerator will last up to 7 days. It is not recommended to stuff them before freezing. The moisture will make them crumble into pieces. Are you hungry for more? Don't forget to subscribe to my newsletter and follow on Facebook, Instagram, Pinterest, Twitter for my latest recipes and videos. Did you make that recipe? Please note the recipe below! Jump to Recipe Print RecipeThe first taste of a maiz gorditas was most likely at El Mercado Juarez in Monterrey. Without fail, on every trip to Monterrey, my parents took us to one of the two mercados, an open-door market. You can find all kinds of fresh foods, cooked foods and Mexican goods. As a child, my favorite stalls were those filled with Mexican sweets, mostly spicy tamarind candies and fresh fruit. I was always amazed to see the women prepare some of the most delicious tacos, enchiladas and gorditas while we stood and watched. They literally worked in a small space with just a propane-heated metal disc as a cooking surface. The different foods would be gathered on the outer edges of the hot disk and at the would be cooking oil. It was just fun to watch, but so much more fun to eat their delicious creations. Real freshly prepared Mexican food, there is nothing like it. For today's blog, I share with you my version of the preparation of the Gorditas de Maiz. I use products that are available to me, which would be masa harina, a fine corn flour. It is used to prepare tortillas, tamales, sopos and some other authentic dishes. Of course, if you have the chance to buy masa corn directly from the tortilleria, this is really the way to go for the most delicious results! Gorditas de Maiz 1 3/4 cups hot water1/2 teaspoon salt2 cups masa harina yellow or white1 teaspoon of chili ancho powder it's optionpork manteca, Grape seed oil or canola oil for frying later Add water, salt and chili anchovies powder (if it is using) in a bowl and stir just until the salt is dissolved. Gradually add masa harina until dough forms. It must be soft, but not sticky. Roll 6-8 masa balls of equal size. With a little hot water handy, wet hands and using the palm of your hands, gently tap the balls to form the gordita. If the edges crack, smooth them by rubbing a little water on the area. Place on plate and cover. Leave to rest for 30 minutes. Preheat the cast iron pan to medium/low heat for 5 minutes. When hot, drizzle a little oil in the pan. Place 3 gorditas in the pan, cover with the lid and cook for 3 to 4 minutes. Turn over and cook for another 3 minutes, more or less. Add another drizzle of oil to the pan when you turn them. Keep them covered during cooking, create a little steam and the gorditas will swell slightly. Allow the gorditas to cool for one minute. To open, place some folded paper towels ovr gordita. Using a small serrated knife, carefully slice the 3/4 of the path. Turn gordita as you slice. Paper towels prevent your hands from getting burned while cutting. Gorditas slices better when they're hot. Makes 6 gorditas. Fill with beans, cheese, avocado and salsa. Gorditas de maiz can be cooked on an oil-free comal. But some cooks fry their gorditas. It's really a matter of choice and personal preference. My preparation is a little in between. I just like a little crispy on the masa at the end. Either method is optional. Mention @pinaenlacocina or tag #pinaenlacocina! In the picture above there is PAN corn flour used to prepare arepas. They are essentially prepared in the same way as gorditas. They can be cooked on the comal/griddle or fried. I found it much easier to divide the masa evenly if I roll it into a newspaper form. Use a large sharp knife to cut. This is how they will cook if they use a cast iron or comal frying pan. I like the more rustic look it gives them. You can find many, many salsa recipes right here on site. Look for salsa and hot sauce Find your favorite! I didn't use the iron pan case for these, so no char marks like the previous gorditas. And then there was more gorditas de Maiz Traditionally fried, but not absolutely always a must. Brunch or lunch, I really like a stuffed gordita! Black beans, mashed potatoes with chorizo, onions and serrano! Filled with fried beans, cotija cheese, avocado and salsa prepared in a molcajete! The masa above was infused with grilled corn. Share this recipe soon! Beans, cotija cotija avocado and salsa!! Hi everyone! Today I'm going to show you how to make gorditas! What exactly are the gorditas you can ask for? Well, in English gorditas translates as small fats. I know, it's pretty funny! They are made from masa corn flour which is also what tortillas and pupusas are made from. However, gorditas are a little bigger than tortillas. So not only do they have a cute name, but they also taste amazing! Gorditas are easy to make and can be filled with anything you choose. I like to fill them with leftover pinto beans and salsa. Mexican Picadillo also works as an amazing filling for gorditas. Hmmm they are so good! There are so many different ways to make gorditas. Some cook them on a frying pan instead of frying. I like them fried because well, what is not better fried? I have another recipe on my blog for Veracruz gorditas style. Veracruz is where my husband comes from and these gorditas are a little different because they are not fried but cooked on a frying pan and topped with toppings of your choice. How to make Gorditas steps You need a bag of Maseca. I used yellow because I think the flavor is better. But you can totally use the regular of you prefer. In a large bowl add two cups of maseca, half a teaspoon of salt and 1 3/4 cups of water. With your hand mix everything thoroughly. One the dough is well mixed roll in about 8 or 9 balls of equal size. In order to flatten the balls, you can use a tortilla press or a heavy-bottomed pan. What I did this time was cut the sides of a ziploc bag and put the masa ball in it. Then I used a pot to flatten it. Don't flatten it to much. It should not be as thin as a tortilla. They are called gorditas because they are thicker. In a cast iron frying pan heat enough oil for frying. Once fry the gorditas one at a time. The gorditas will start blowing after about a minute. Fry the other side until it turns a nice golden color. Once fried transfer them to a sheet of paper towel lined to drain. Allow them to cool enough so you don't burn when you hold them. Once cooled, cut them in the middle with a knife. You have to be very careful when you do this or you could tear them open. Now fill them with your favorite filling! The one below is filled with leftover beans. These are filled with a delicious spicy tuna topping! I'll have to post the recipe soon it's delicious! Well, that's it for the guys today. They're so easy should definitely give them a try. Don't forget to join the Latin American Foodies Facebook group where you can share photos and recipes of the delicious food you make at home! Thank you for reading! 2 cups Maseca 1/2 teaspoon salt 1 3/4 cups water In a large bowl, combine Maseca, salt and water. Mix well with your hands. Form the dough into about 8 or 9 balls of equal size. Flatten the balls one at a time a tortilla press or a heavy bottom pan and 2 squares of plastic as a ziploc bag cut the sides. Don't flatten yourself too much. It should be thicker than a tortilla. Heat enough oil for frying in a cast iron skillet over medium heat. Once fry the gorditas one at a time. Once the gordita puffs turn to the other side and continue to fry until it turns a nice golden color. Transfer the fried gorditas to a sheet lined with paper towels to drain. Allow the gorditas to cool for about 5 minutes until they are cool enough to touch without burning. Very carefully open the gorditas in the middle with a knife. Stuff carefully with the filling of your choice. Calories 104 Calories from Fat 9 - Percentage Daily Values are based on a 2000 calorie diet. Regime.

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