



I'm not robot



Continue

Gorditas de maiz

Go to recipe print recipes [The first taste of Gorditas de Maiz was most likely at El Mercado Juarez in Monterrey; if all the trips to Monterrey didn't get in the way, my parents took us to one of the two mercados, an open door market; you'll find fresh food, culinary food and all sorts of Mexican goods. As a child, my favorite stalls were filled with Mexican candies, especially spicy tamarindo candies and fresh fruit. I was always surprised to see women preparing the most delicious tacos, enchiladas and gorditas. They literally worked in a small space with propane heated metal discs on the cooking surface. Other foods will gather on the outer edge of the hot disc and become esophagos in the center. It was fun just to see it, but it was much more enjoyable to eat delicious pieces. Fresh prepared real Mexican food, nothing like that. For today's blog post, I shared with you my version of Gorditas de Maiz Ready. I use masa harina, a product that is available to me to be good corn flour. Used to prepare corn tortillas, tamales, sophes and a few other authentic dishes. Of course, if you're lucky enough to be able to buy corn masa directly from Tortilla, that's really the best way to get the best results! Gorditas de Maiz 1 3/4 cup hot water1/2 tsp salt2 cups masa harina yellow or white1 tsp Chile ancho powder This option is optional pork manteca, grape seed oil or canola oil for later frying water, salt and chile ancho powder (if used) put in a bowl and stir until salt dissolves. Gradually add to the masa harina until the dough forms. It should be soft but not sticky. Roll 6-8 massa balls of the same size. Once the edges crack, rub a little water into the area and soften through. Place on a plate and cover. Let's sit for 30 minutes. Preheat cast iron pan to medium/low heat for 5 minutes. Once hot, sprinkle a little oil in a saucepan. Place 3 gorditas in a pan, cover with a lid and cook for 3-4 minutes. Spin and cook more or less for 3 minutes. When turning the oil, add another oil. Keep covering them while cooking, generate some steam and gordita will puff a little. Cool gorditas in 1 minute. Cut and place a few folded paper towels and place the gorditas. Using a small serrated knife, carefully open the slices 3/4 way, then turn the gordita when slicing. Paper towels prevent hands from getting burned while slicing. Gorditas suns better when it's warm. 6 Yields Gorditas. Fill with beans, cheese, avocado and salsa. Gorditas de Maiz can be cooked with come without oil. However, some chefs fry gordita fry. It's really a matter of choice and personal preference. My preparation is sort of I like a little crunch on the dough at the end. One of the two methods is optional. @pinaenlacocina or tag #pinaenlacocina mentioned! In the picture above, there is a corn flour PAN, which is used to prepare arepas. They are basically prepared in the same way as chubby. They can be cooked or fried on a comal/te plate. I found it much easier to divide the mass evenly when rolled into log shapes. Cut using a large sharp knife. If you are using cast iron skillet or como, this is how to cook it. I like the more rustic look it gives them. You can find many, many salsa recipes right here on the site. Search for salsa and hot willows to find what you love! I didn't use cas iron pans for these, so I didn't have the same char marks as the previous Gorditas. And there was more Gorditas de Maiz.... Traditionally fried, but absolutely always essential. For brunch or lunch, I can really enjoy the chubby stuffed! Mashed potatoes with black beans, drizo, onions and serrano! Ready in greenery filled with fried beans, kotiya cheese, avocado and salsa again! The mass above was infused with roasted corn. Share those recipes soon! Beans, cotiya cheese, avocado and salsa! 1. Mix two flours, baking powder and half a tablespoon of salt. 2. Add vegetable butter and water. Kniz. 3. Divide the dough into 12 parts and form a circle with the help of a manual tortilla machine. 4. Cook and fry the plump rice on both sides until golden brown. 5. Press or fill 2-3 tbsp dry chicharon. 6. Accompany with chopped onions and coriander, grated or cheese. You can't go seriously with a recipe print recipe and write about the chubby nose without watering your mouth! These little delicacies can be found in Mexico, sold at fairs, markets, stalls and certainly also do them at home. Yes, leftovers come back to life inside chubby things and turn into delicious meals! But you're probably wondering what a chubby nose is. Chubby is a small, thick tortilla, cooked with only a nose. Depending on the region of the country in which you live there is no single type of chubby, chubby dough or just something made of corn or wheat dough with a simple mixture of complex dough made from various ingredients. It can be salty or sweet, prepared in a mixed, fried or baked. And it can come in or not fill up. Look, the chubby one is that the only thing they all have in common is their shape: a small, thick omelette. This recipe is based on the most popular corn chubby stuffed with cheese, beans, meat or other types of fillings and served with a red sauce. Green. In Mexico we have a great variety of salty sweet chubby depending on the region of the country. Salted chubby things are made from corn dough, sometimes butter and salt added; Cooked in a mixed or tempura. Like the Savior's Pupusa, it's full of chubby things before cooking or frying. I usually plump when I have a lot of leftovers stored in the fridge. Some fillings can be cicharons of soy or pork in salsa verde, a coachnita pybil or salsa verde. To form chubby things, you need 2 pictures (15 cm) of plastic to press the dough: how to make Corby chubby to go with the recipe notes. I usually cut a fridge or sandwich bag, and work wonders for this purpose. If you don't have an omelette, use a heavy glass baking dish. You can see how it is used because we used a baking glass pan. Preparation Break in: 1. In a medium bowl, combine the cornsties and salt. Gradually add the water and knead until smooth. If the dough feels dry, gradually add more water per spoon until the dough is soft and manageable like clay. It doesn't have to be sticky. Depending on the humidity in the city, you may need to add 2 tablespoons of water to the dough and store a small container of water to moisturise the dough when needed. This dough tends to dry, so cover it with a wet kitchen napkin while making a plump dough. 2. Divide the dough into 9 balls and cover with a towel or a damp kitchen paper cloth. Heat the coma over medium heat. It should be hot when you put chubby people to keep them from sticking. 3. Place a plastic box on the pancake, place the dough ball, place another plastic box over the ball and gently press the pancake to make a plump place. It should be about 10 cm in diameter. If you are using a baking glass dish, place a piece of plastic on the work surface, add a dough ball, cover with another piece of plastic and gently press it with a glass plate to apply round plump pressure. 4. Remove the plastic from the top. Pick up the chubby and take it from the bottom to the plastic. Rotate the plastic and gently place the tortilla in the palm of your hand. Then place on como to cook. 5. During chubby cooking, keep forming more with the rest of the dough, but don't forget to look at the comal. 6. After about 2 minutes, make sure that some light brown spots are already formed in the chubby one. Then it looks flipped over to cook the other side of the chubby one. You need about 2. It is better to cook on the other side. Make sure the stain has formed, and if you see it, turn it over again, then turn it over for a few more seconds and cook again for 20 seconds. The total time to cook is 2 times, and the cooking time is more than 4 and a half minutes in total. At the last cooking time, plump little swells. Remove from iron and cover with a clean kitchen napkin to keep warm. 7. When you are able to handle hot chubby things, place the knife on the monda and cut off the edges so that it is large enough to insert the filling. Do not open it completely. Put the chubby back on a napkin to keep warm while you make the rest of the dough. 8. Once you've finished making all the chubby things, fill them with a selection of your tastes, as I mentioned above in the fourth paragraph. 9. Serve with green and red sauce and it will be hot. Enjoy! In a medium bowl, combine the corn wheat and salt. Gradually add the water and knead until smooth. If the dough feels dry, gradually add more water per spoon until the dough is soft and manageable like clay. It doesn't have to be sticky. Depending on the humidity in the city, you may need to add 2 tablespoons of water to the dough and store a small container of water to moisturise the dough when needed. This dough tends to dry, so cover it with a wet kitchen napkin while making a plump dough. Divide the dough into 9 balls and cover with a towel or a damp kitchen paper cloth. Heat the coma over medium heat. It should be hot when you put chubby people to keep them from sticking. Place the plastic frame on the embankment, place the dough ball, place another plastic box on top of the ball and gently press the pancake to create a plump frame. It should be about 10 cm in diameter. If you are using a baking glass dish, place a piece of plastic on the work surface, add a dough ball, cover with another piece of plastic and gently press it with a glass plate to apply round plump pressure. Remove the plastic from the top. Pick up the chubby and take it from the bottom to the plastic. Rotate the plastic and gently place the tortilla in the palm of your hand. Then place on como to cook. During chubby cooking, keep the rest of the dough and more molded, but don't forget to look at the comal. After about 2 minutes, make sure that some light brown spots have already formed in the chubby one. If so, turn it On the other side of the chubby one, you need about 2 more minutes to cook on the other side. Make sure the stain has formed, and if you see it, turn it over again, then turn it over for a few more seconds and cook again for 20 seconds. The total time to cook is 2 times, and the cooking time is more than 4 and a half minutes in total. At the last cooking time, plump little swells. Remove from iron and cover with a clean kitchen napkin to keep warm. As soon as you can handle the hot chubby, cut the edges with the help of a knife on the monda, and make it large enough to insert the filling. Do not open it completely. Put the chubby back on a napkin to keep warm while you make the rest of the dough. Once you've done all the chubby stuff, as I mentioned above in the fourth paragraph, fill them with a selection of your tastes. To form chubby things, you need 2 plastic frames (15 cm) to press the dough. I usually cut a fridge or sandwich bag, and work wonders for this purpose. If you don't have an omelette, use a heavy glass baking dish. You can see how it is used because we used a baking glass pan. Get benefits, if you do, please return to share your experience. Mely, I hope you enjoy this recipe, leave me a comment, or if you have any questions to answer them willingly, if you are on Pinterest, I hope you will be back soon to cook more Mexican recipes, check out our board with hundreds of good and delicious ideas for you! Or, if you're on Instagram, check out your food photos or stories. Enjoy this other recipe chicken tinga. Chicken.

