

Mexican Patties and Vegetables in Red Mole – *Revoltijo* (Vegetarian)

Ingredients (For 3-4 portions)

½ cup	red <i>mole</i> paste (homemade, or from jar)
1 tbsp	oil
1 ½ cups	water
1 lb (454 g)	baby potatoes; scrubbed, rinsed and cooked
1 cup	paddle cactus (<i>nopales</i>); from fresh, cleaned and sliced; or canned, drained
1 cup	pot herbs, such as salsola (also known as <i>agretti</i>), or <i>romeritos</i> ; washed and drained (if not available, use baby spinach, or omit)
6	shrimp-less patties (recipe at the end)
Corn tortillas or crusty bread; to serve	

To cook fresh *nopales*: place sliced *nopales* in a pan over medium heat; stir and cook for about two minutes, until heated through. Lower heat to a simmer, and cover pan with a lid. Allow to cook undisturbed for about fifteen minutes. Uncover and continue cooking until all the liquid (might be viscous at first) has evaporated. Cooked this way, *nopales* do not have to be rinsed. Remove from heat and reserve.

To cook the pot herbs: Salsola and *romeritos* are pot herbs from the *Amaranthaceae* family; they both grow in salty soils. They look similar when raw, as seen in the photos below; the one on the left is salsola (also known as *agretti*), and at the centre, *romeritos* from Mexico. Remove wilted tips, or tough stems from each sprig, then add to a pot with boiling water over high heat. Cook until they turn a bright shade of green. Rinse with cold water and drain in a colander (cooked salsola, photo below, right):



If not available, cooked baby spinach might be used as a last-resource alternative. Reserve.

For the patties: Prepare as directed at the end of this recipe. Reserve.

Continue on next page ...

To assemble *revoltijo*: In a large pot, warm up oil over medium heat; add mole paste, stirring for a few seconds. Add water and continue stirring, until paste has dissolved and the sauce is smooth. Add potatoes, coating with the mole; incorporate cactus. Add patties, followed by the cooked pot herbs. Bring to a boil, then reduce heat to a simmer, and allow all the ingredients to cook together for about ten minutes. Serve hot, arranging portions of all the ingredients on a plate, and covering with a generous amount of *mole*, offering warm corn tortillas or crusty bread on the side.



To prepare Shrimp-less Patties:

Ingredients (for 6 patties)

2 eggs; egg whites and yolks separated
2 tbsp bread crumbs
1/4 cup nutritional yeast
Oil; for frying

Beat egg whites until white and firm; continue mixing, while adding the egg yolks, one at a time. Continue mixing until a creamy, uniform mix is obtained; sprinkle bread crumbs and nutritional yeast on top, and gently fold into the eggs. Warm up oil (enough to cover the bottom of a frying pan) over medium heat; scoop batter onto the frying pan, about two tablespoons at a time (photo below, left); allow to cook until golden brown, then flip to brown the other side (photo below, centre). Transfer to a plate lined with paper towels (photo below, right):

