

# Prepared *Tlayudas* - *Tlayudas preparadas*

## Ingredients (for 4 portions)

4 *tlayudas* (Artisan tortillas from Oaxaca, recipe on page 3)  
 2 cups cooked black beans (homemade, or canned)  
 2 tbsp oil  
 2 cups stringy cheese (such as Oaxaca style or mozzarella); pulled apart or shredded  
 2 cups lettuce or cabbage; washed and shredded  
 1 cup onions, sliced thinly; fresh, or marinated red onions  
 Red sauce (homemade, or from bottle)

## For *Tasajo* (Omit for vegetarian option)

1 lb (454 g) beef steak, such as flank or sirloin  
 3 tsp coarse salt; such as Kosher  
 2 tbsp oil

**Prepare tasajo first:** If the cut is thicker than 1/4 inch (1/2 cm approx.), slice into strips, about one inch (2.54 cm) wide. Place pieces of meat on sheets of parchment paper, on a flat working surface (if sliced, cut side up); cover with another sheet of parchment paper and pound with a meat pounder (the smooth tool, not a tenderizer) or a rolling pin (pound, do not roll). The resulting piece of meat should be very thin and almost breaking, but still holding in one piece; uncover and sprinkle with salt. Flip over onto a cooling rack or wired grill and sprinkle the other side with salt, as well. Allow to rest for two hours on the counter, and then keep in the refrigerator until needed.



**Prepare black bean spread:** Although the beans may be pressed by hand, in this case it is easier and faster to process in a blender, to obtain a very smooth paste. Place black beans in a blender jar with enough liquid from the pot (or water, if using canned) to process into a very smooth, slightly runny, paste. Warm up two tablespoons of oil in a pan over medium heat and fry the paste, stirring until a spread is obtained. Remove from heat and set aside.

**To prepare the *tlayudas*:** cover one side with bean spread; place on a wire rack and top with a generous amount of cheese (photo):



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At this point, the *tlayudas* may be grilled, even over an open fire, or broiled in the oven, until the cheese completely melts and the *tlayuda* becomes crispy. If using *tasajo*, brush with oil and grill next to the *tlayudas*, or fry in a greased pan while the *tlayudas* are in the oven. The thin meat only takes about one minute per side, so do not leave unattended, and flip promptly. The vegetarian *tlayuda* is finished with shredded lettuce (or cabbage) and topped with onions (in this case, marinated red onions):



Add sauce for a spicy punch. And for the meat lovers, add a piece of *tasajo* on the side (photo below, left). Eat right away, folded in half like a large quesadilla, or by breaking pieces off (photo below, right):



Recipe for *Tlayudas* on next page ...

# Tlayudas

## Ingredients (for 8 pieces)

2 cups	nixtamalized white corn flour (such as Maseca™)
2 cups	fine grind white corn meal (PAN™)
3 cups	water, plus more if needed
1 tsp	salt, or to taste



Mix all ingredients to form a soft dough, making sure to hydrate all the flour. Allow to rest for ten minutes, covered. To test for adequate texture, take a portion about the size of an apple, and flatten into a thick disc; if the edges are cracking and the texture seems dry, return the sample to the dough, add a little water, one tablespoon at a time, and knead thoroughly, until the dough is terse and does not crack when testing again. Divide the dough into eight portions, forming each into a ball; keep covered so they do not get dry. Working with one ball at a time, flatten into a thick disc as for the test, then flatten to a thin disc, either using a tortilla press lined with plastic, or pressing with a frying pan or cutting board on a flat surface. The edges may have a few cracks, but if the disc cracks too much, form into a ball again, adding more water and repeating as needed. The disc from the press will be the thickness of a regular tortilla, so it must be flattened even further. Transfer disc with plastic lining to a baking sheet or a plastic cutting board, then pass a rolling pin over, to make the disc thinner: Place on a cookie sheet and cook, either on a grill outdoors, or in the oven, preheated to 400°F (200°C), placing the tray as close to the bottom as possible (photo below, left, notice how thin the disc is); flip as soon as it starts to bubble up (photo below, right):



Allow to char only slightly, then flip again to finish the first side. Remove and repeat with the rest of the dough. The *tlayudas* should be crispy but still somewhat pliable (photo at the top). These *tlayudas* are relatively small, about 10 inches (25 cm) in diameter, so an alternative is to use a dry iron skillet (no oil) to cook on the stove, over medium heat.