

## Hidalgo Style *Tlacoyos* - *Tlacoyos estilo Hidalgo*

### Ingredients (for a dozen)

#### For dough:

**2 cups** white or yellow corn flour (*masa harina*)

**1 ½ cups** water, or as needed

**½ tsp** salt, or to taste

**2 tbsp** lard (or vegetable oil, for vegan option)  
plus more, for frying

#### For filling:

**1 cup** dry green split peas,

**OR 2 cups** fresh and peeled, or frozen, green  
peas

Water, as needed

Salt, to taste

#### Toppings:

**1 cup** cooked green tomatillo sauce (homemade, or bottled)

**½ cup** chopped onions

**½ cup** chopped cilantro



If using fresh or frozen peas, boil in plenty of water until soft; drain and mash, then remove skins by pressing the mash through a mesh. If using dry green split peas, remove any discoloured pieces or brush, rinse with water and drain twice, then place in a pot with enough water to cover. Bring to a boil, and cook, uncovered, over medium heat until soft, approximately 30 minutes. Remove from heat and drain water, reserving about a quarter of a cup. Transfer cooked peas to a bowl, then mash coarsely, adding some of the reserved water, as needed, to prevent the paste to become too dry. Season mashed peas with salt, to taste, and reserve. Place nixtamal corn flour, salt and lard in a mixing bowl, then pour water, while incorporating with a spatula; continue mixing, making sure to hydrate all the flour. Knead lightly with hands, until a soft dough forms, gathering all the ingredients to shape into a ball. Divide into twelve portions. Working with one portion at a time, roll into a ball, then form into an elongated oval shape; place at the centre of the bottom plate of a tortilla press, lined with plastic; cover with plastic, close the press and flatten dough into a thick oval. Open the press, uncover the dough, then place about two tablespoons of reserved cooked peas in a mound at the centre of the oval. Fold dough in half towards the centre, closing and flattening the seam; leave the ends partially unsealed, to allow air to escape. Press the patty very gently, to flatten, pushing any air bubbles towards the ends. Place on a dry skillet (no oil) over medium heat; grill for a couple of minutes, then turn, to cook both sides; it is fine to flip several times, until the *tlacoyos* have developed a crust, with some charring. Continue with all the dough and filling, cooking in batches, and transferring cooked *tlacoyos* to a clean kitchen towel, wrapping them to keep warm. Right before serving, add one or two tablespoons of lard (or oil) to the skillet; warm up over medium heat, then fry the *tlacoyos* just until crisp, flipping once to fry both sides. Transfer *tlacoyos* to a serving plate, and top with green sauce, chopped onions and chopped cilantro. Serve immediately.