

Tlacoyos



Ingredients (for a dozen)

For dough:

2 cups corn flour (*masa harina*, not corn starch)

1 ½ cups water, or as needed

½ tsp salt, or to taste

2 tbsp lard (optional)

For filling:

1 ½ cups cooked legumes (beans, broad beans, peas, etc.)

Toppings, to taste:

Hot peppers (*chiles*), Mexican sauces, chopped onion, chopped cilantro, chopped lettuce, sliced avocado, cooked paddle cactus (*nopales*), cheese (unripened, crumbled).

For the filling, drain cooked legumes and smash to a thick paste, adding a little water or liquid from cooking if too dry. If using broad beans or peas, remove skins by pressing paste through a mesh. Reserve filling. In a large bowl, mix flour, water and salt, to form a soft dough; if too crumbly, add extra water, one tablespoon at a time, kneading to incorporate perfectly. If using lard, mix-in with the dough, kneading until fully incorporated. Divide dough into twelve balls. Take one ball of dough and slightly roll into an elongated shape. Press on the palm of the hand, or using a tortilla press, to form a thick oval disk, then place about two tablespoons of filling in the centre (photo below, left, with mashed broad beans). Fold dough in half towards the centre, closing and flattening the seam (photo below, centre); leave the ends partially unsealed, to allow air to escape. Press the patty very gently, to flatten, pushing any air bubbles towards the ends; it is fine if some of the filling shows through the dough. 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 (photo below, right):



Continue with all the dough and filling, cooking in batches, and transferring cooked tlacoyos to a clean kitchen towel, to keep warm. Eat hot, either plain, with some hot peppers (photo, right) and salsa on the side, or with toppings of choice (as shown at the top of the page).

