

Mexico City Style *Gorditas* – *Gorditas estilo CDMX*



Ingredients (for 8 pieces)

Vegetable oil, or melted lard, as needed

Corn Dough (*masa*):

2 cups nixtamalized corn flour (*masa harina*, such as Maseca™, or Bob's Red Mill™)

1 ½ cups water, plus more as needed

½ tsp salt, or to taste

Fillings:

1 cup *chicharrón prensado*, 1 cup refried beans OR half a cup each (homemade, or from store)

Toppings:

½ cup onions; peeled and chopped

½ cup cilantro; washed and chopped

Salsas, to taste, for example, cooked green tomatillo, or spicy *chile de árbol* (homemade, or bottled)

Prepare *masa*: Mix all ingredients for the *masa* in a bowl, making sure to hydrate all the flour; form a soft dough, and allow to rest for ten minutes. To test for adequate texture, take a portion about the size of a lime, roll into a ball and gently press to form a thick disc; if it appears cracked, add one tablespoon of water to the dough, mix thoroughly. Repeat test until dough is not cracking and still malleable and not sticky. **Make patties:** Take one portion of corn dough (approximately 1/8), and form a ball. Press the centre with one thumb, and continue pressing outwards, while turning, to form a cup; place some crumbled *chicharrón prensado*, or a scoop of refried beans in the cup. Close the cup by pinching the edge towards the centre. Form a ball again, then press and pat to form a thick disc. Continue with the rest of the dough portions and fillings to form eight patties. Optional: Take a patty filled with *chicharrón prensado* and place it in a tortilla press lined with a plastic bag. Press lightly, to flatten the patty into a thinner disc; some filling will show. Pat around the edge, to smooth out. **Cook patties:** The patties may be cooked with a two-step method, first grilled and then crisped, or directly deep-fried. For the two-step method: Warm up a dry grill or skillet (no oil) over medium heat. Add a single layer of patties, spacing so they do not touch. after a few seconds, start rotating the patties with fingers, to grill evenly on one side. Once dry and cooked on one side, flip, and repeat on other side. Once the *gorditas* are cooked and grilled on both sides, pour just a couple of teaspoons of oil (or lard) on the grill. Rotate *gorditas* again, to coat the bottom side with oil; once crisped, flip and repeat with second side. Transfer to a plate lined with paper towels. For the deep-fried method: Pour enough oil (or lard) for the patties to float, in a thick pan over medium-high heat. Once the fat is hot (around 375°F – 190°C), carefully drop a patty; the fat should start bubbling. Fry until golden brown, then flip and continue frying, to crisp the other side. Transfer to a plate lined with paper towels. **Prepare *gorditas* for serving while still hot.** Slice horizontally through the middle with a sharp knife, preferably serrated. Open as a pocket, and fill with chopped onions and cilantro, and finish with Mexican sauce of choice. **Photo:** left, two *gorditas* cooked with the two-step method, and, right, a flattened *gordita* with *chicharrón prensado*, deep-fried.