

Chiapas-Style Small Corn Dough Fried Discs with Toppings – *Garnachitas*

Ingredients (for 16 pieces)

- 1 cup nixtamalized corn flour (*masa harina*, such as Maseca™ or Bob's Red Mill™)
 - ¾ cup warm water
 - 2 cups stewing beef chunks, cooked in water (save broth for another recipe)
 - 1 cup crumbled cheese; Chiapas, Cotija, or light feta
 - ½ white onion; peeled, and cut into two pieces
 - ½ small cabbage; hard bottom removed, shredded, washed, and drained
 - 4 tomatoes; washed
 - 2 sprigs cilantro; washed
 - 1 clove garlic; peeled
 - ½ cup pickled jalapeños and carrots, with their liquid (homemade, or from can); sliced
 - 1 lime; washed, juice only
- Salt and pepper, to taste
Oil, as needed

Mix nixtamalized corn flour with warm water, to form a soft dough; cover and allow to rest for half an hour. Divide into eight equal parts (about 38 g – 1.3 oz each); form each portion into a ball, then flatten to form discs, approximately 2.25 inches (6 cm) in diameter (photo below, left). Warm up a *comal* (Mexican flat grill) or an iron skillet over medium heat, and cook discs, flipping two or three times, until just slightly brown and cooked through (second photo below). Once the corn patties have cooled down, slice in half horizontally with a serrated knife (third photo below), to make sixteen thinner discs (photo below, right):



Remove excess fat from meat, slice each chunk across the grain, and then shred (photo right). Chop one piece of onion (makes approximately half a cup) and add to the chopped meat. Season with salt and pepper, to taste, and mix all together (photo far right):



... *Cont.* **Chiapas-Style Small Corn Dough Fried Discs with Toppings – *Garnachitas***

Mix the shredded cabbage with the sliced pickled jalapeños and carrots with their liquid, and the lime juice, seasoning with salt and pepper, to taste (photo, right). Cover and reserve until serving time.



Place tomatoes and garlic in a pot with hot water, and cook just until the tomato skins start to burst. Remove and discard skin from tomatoes, as well as their stem spot, then transfer to a blender jar, along with the garlic. Add the other piece of onion, the cilantro, and half a teaspoon of salt, or to taste. Process until smooth. Transfer sauce to a bowl or jar, and reserve.

Just before serving time, fry and assemble the *garnachitas*. Warm up two tablespoons of oil in a large skillet over medium heat; add about one cup of the meat and onion mix to one side, and place five to six corn discs, cut side down next to the meat (photo below, left) Stir the meat and onion to crisp evenly, and flip discs after one minute, then top with prepared tomato sauce (photo below, centre). Continue cooking until the meat and onions are nicely crisped, then divide and place on top of the discs (photo below, right):



Transfer to a plate, top with a generous amount of the pickled cabbage, sprinkle with crumbled cheese, and serve immediately, with more tomato sauce on the side:



Repeat to crisp the rest of the meat and discs; makes three very generous plates, as the one shown above, or four to six appetizer-size portions.