

## Shell Tacos with Traditional and International toppings – *Tacos Dorados/Dobladillas con rellenos tradicionales e internacionales*



### Ingredients

8 corn tortillas  
oil, for frying

#### Filling

1 lb (454 g) ground beef, chicken or plant-based  
 ½ white onion; end removed, peeled, and chopped finely  
 2 cloves garlic; peeled, and chopped finely  
 1 large tomato; washed, stem spot removed and halved lengthwise  
 2 tbsp oil  
 1 tsp salt, or to taste  
 1 tsp black pepper, or to taste  
 1 tsp ground cumin, or to taste

#### Toppings

Traditional Mexican:

½ white onion; end removed, peeled, and chopped  
 1 large tomato; washed, stem spot removed, and chopped  
 ½ Romaine lettuce; washed in vinegary water, and sliced finely  
 Bottled hot sauce, such as Búfalo™, Cholula™, or Huichol™

Extra for Tex-Mex:

½ lb (225 g) Cheddar cheese; grated  
 2-3 fresh jalapeño peppers; washed, stems removed, and sliced into rounds  
 2 avocados; washed

Juice from half a lime

Salt, to taste

Extra for Swedish *Fredagsmys*:

1 cup corn kernels; canned, or cooked from frozen  
 1 English cucumber; washed, ends removed, peeled and chopped  
 2 slices pineapple; from packed in juice, chopped

Wheat tortillas; optional

Side extras: Potato chips, candy and/or chocolate; optional

**Prepare filling:** Warm up oil in a frying pan over medium heat; add onions and sauté until translucent, then add garlic. Stir and continue cooking for thirty seconds, then add ground meat or plant-based product, breaking up with a spoon. Continue cooking and stirring, until no longer pink. Nest tomato halves in the middle of the pan, cut side down, and cover pan. Reduce heat to low, and allow to simmer for five minutes, then uncover pan, and remove and discard skins from the tomato. Chop tomato pulp with a spoon. Season with salt, pepper, and cumin. Incorporate all ingredients and continue cooking and stirring for another five minutes. Remove from heat and reserve.

*Continue on next page ...*

... Cont. **Shell Tacos with Traditional and International toppings –**  
*Tacos Dorados/Dobladillas con rellenos tradicionales e internacionales*

**For Tex-Mex, prepare guacamole:** cut avocados in half; discard pits, then scoop pulp into a bowl, and mash, adding salt, to taste. Sprinkle the juice from half a lime to cover the mash, and do not stir until serving time. **Prepare taco shells:** Pour enough oil in a frying pan to cover the bottom, to a depth of about a quarter inch (6-7 mm); place pan over high heat, until oil is hot, then reduce heat to medium. Working with one tortilla at a time, place in the hot oil, then immediately flip, folding in half with tongs (photo below, left). Bring folded tortilla to the edge of the pan, and keep top half lifted with the tongs, to form the characteristic arched shape of the shell (second photo, below); after a few seconds, flip to crisp the other half, keeping the arched shape with the tongs (third photo, below). Transfer to a plate covered with paper towels, and repeat with the rest of the tortillas (photo below, right):



**Bring everything to the table –** From right: Filling, bottled hot sauce, taco shells, traditional Mexican toppings (tomato, onion, and lettuce), Tex-Mex extra toppings (Cheddar cheese, guacamole and jalapeño peppers), *Fredagsmys* extra toppings (corn kernels, cucumber and pineapple), plates for self-serve, wheat tortillas (optional), and treats (optional):



*Continue on next page ...*



... Cont. **Shell Tacos with Traditional and International toppings –**  
***Tacos Dorados/Dobladillas con rellenos tradicionales e internacionales***

Each person may take a tortilla shell and add filling at the bottom, then finish with toppings, to taste. In the photo on the front, and here, from left: traditional *taco dorado* with onion, tomato and lettuce; Tex-Mex taco with all toppings from traditional, plus Cheddar cheese, jalapeño peppers and guacamole; and Swedish *Fredagsmys* taco with all the previous toppings, as well as corn kernels, pineapple and cucumber:



To prepare Coahuila style *dobladillas*, add filling to a corn tortilla before frying, arranging filling as a strip along the centre of the tortilla (photo below, left); fold tortilla in half (second photo, below). Prepare pan with oil as for taco shells. Place folded taco in hot oil; once crisped, flip, to crisp the other side (third photo, below). Transfer to a plate covered with paper towels (photo below, right):



To prepare, gently open the tortilla, to avoid cracking; add onion, tomato, and lettuce on top of the filling. Serve with bottled hot sauce, to add to taste:

