

Memelas

Ingredients (for 8 pieces)

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

3 cups water, or more as needed

1 tsp salt

¼ cup lard or oil, plus more for frying

Mexican sauces (such as green with tomatillos, or red with *guajillo*)

½ onion; peeled and chopped

1 cup fresh cheese, such as Cotija, or light feta; crumbled

Toppings of choice, optional: steak or other meat, pickled onions, paddle cactus, beans, etc.

Place nixtamalized corn flour, salt and lard (or oil) in a mixing bowl; gradually add water, mixing ingredients together. Continue kneading with clean hands, until well incorporated, to obtain a soft dough, moist but not sticky. Cover and allow to rest for half an hour. Divide dough into eight balls. Heat up a *comal* (Mexican grill) or an iron skillet over medium heat. Working with one ball at a time, roll to form a tapered cylinder, about 4 in (10 cm) long, placing on a piece of plastic on a flat surface or tortilla press. Cover with another piece of plastic and flatten by pressing down with a cutting board or the top of the tortilla press, to form a thick elongated shape. Peel top plastic, then flip oval onto one hand, then peel the bottom plastic with the other hand (photo below, left). Gently slide the dough onto the hot comal or skillet (photo below, right):



Let cook for one minute or so, then flip to cook the other side. Flip again, to puff the dough, and finish cooking the first side, then transfer to a kitchen towel. Cover with the towel, then repeat with the rest of the dough portions. **To assemble:** add a dollop of lard or one teaspoon of oil to the hot comal or skillet; add one piece of the cooked dough, flipping to crisp both sides. For a *bandera memela* (with Mexican flag colours), spread green sauce on one half of the dough, and red sauce on the other half; sprinkle with some cheese and onions. Transfer to a plate and serve immediately (photo at the top). **Variations:** top with one kind of sauce or/and add other toppings, for example, steak, paddle cactus, *cochinita pibil* and pickled red onions, beans, etc.