



TORTILLA & RELATED

RECIPES

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26 Lyerly St. Houston, TX 77022 713-691-2935 800-356-5189 Fax: 713-691-3250

Corn Tortillas (Tortillas can be frozen for future use)

1-3/4 cups masa harina
1 cup + 2 Tbsp. warm water
Pinch of salt

Combine masa harina, salt and water. Mix thoroughly. Cover with plastic wrap and let "rest" for 20 minutes. If texture is too sticky, add more masa harina; if too crumbly, add more warm water.

Preheat ungreased griddle or pan over medium heat until a drop of water will "dance" on the surface. Divide dough into 10 equal size balls. Keep remaining dough covered to prevent dough from drying out. Place ball between two pieces of waxed paper and place in center of press. Flatten ball slightly with fingers. Close press and push handle down until ball is completely flattened. Open and remove the tortilla. Peel off wax paper and cook tortillas one at a time for 2 minutes on each side, or until they turn a delicate brown.

Fry them in oil to make tostadas. Fold and deep-fry them for tacos.

Yield 10

Taco Tortilla Salad

1 lb. (.45 Kg) ground beef
1 medium onion, chopped
1 clove garlic, minced
1 tsp. (5 g) cumin
1/2 tsp. (2.5 g) chili powder
1/2 tsp. (2.5 g) salt
1 small head iceberg lettuce, chopped
1 cup (.227 g) shredded, cheddar cheese
1/2 cup (.113 g) sliced, pitted, black olives
2 tbsp. (30 g) finely chopped onions
2 medium tomatoes cut into wedges
1 cup (.227 g) guacamole (see recipe on next page)
1 cup (.227 g) sour cream
Taco sauce as desired

In a skillet cook meat, onion and garlic until meat is browned and onion is tender. Drain off fat. Season the meat mixture with cumin, chili powder and salt. Meat mixture should be kept warm until served.

This recipe makes approximately 6 tortillas. Fill each with equal portions of the lettuce then add the meat mixture, olives, onion, tomatoes and cheese.

Top with guacamole, sour cream and taco sauce.

Serve immediately.

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Guacamole

2 medium avocados, seeded and peeled
2 tbsp. (30ml) minced onion
2 tbsp. (30ml) chopped fresh cilantro
1 Tbsp. (15ml) lemon juice
1 clove garlic, minced
1/2 tsp. (2.5g) salt
1 tomato, seeded and chopped

Mash avocados in small bowl. Add remaining ingredients and blend until smooth. Scrape down sides of container as necessary. Cover and chill before serving.

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