

Huaraches

Ingredients (for six pieces)

- 3 cups nixtamalized corn flour (*masa harina*, such as Maseca™ or Bob's Red Mill™)
- 4 cups water, plus more, as needed
- 1 ½ cups refried beans (homemade, or from can)
- Cooked tomatillo green *salsa* (homemade, or bottled)
- Tomato spicy *red salsa* (with dry *guajillo*, *pasilla*, etc., or fresh red *chiles*, or bottled)
- ½ cup lard or vegetable oil (optional); for pan frying

Toppings (optional)

Sautéed Mixed Greens (one batch)

- 4 cups mixed fresh greens, such as spinach, Swiss chard, purslane, pea vine, *quelites*, etc.; washed, and chopped coarsely
- 4-5 green onions; washed, roots removed, and white and green parts chopped
- ¼ cup *epazote* (if available, or omit); washed and chopped
- 1 tbs oil
- Salt and black pepper, to taste

Sautéed Mushrooms (one batch)

- 4 cups mixed mushrooms, such as Cremini, Oyster, Enoki, etc.; wiped clean, and chopped
- ¼ white onion; peeled, and chopped finely
- ¼ cup *epazote* (if available, or omit); washed and chopped
- 1 tbs oil
- Salt and black pepper, to taste

Con bistec – With Steak (for six portions):

- 6 steaks, such as Sirloin or Skirt (*arrachera*)
- Salt and black pepper, to taste

Vegetariano – Vegetarian (for six portions):

- 1 ½ cups crumbled cheese, such as *Cotija*, *Añejo*, or light Feta
- 1 batch sautéed mixed greens
- 6 sprigs cilantro, or pea vines; washed, for garnish

Vegano – Vegan (for six portions):

- 1 batch sautéed mixed greens
- 1 batch sautéed mushrooms
- 3 cups cabbage; shredded, washed, and drained

Con todo – With Everything on (for six portions):

- 3 steaks, such as Sirloin or Skirt (*arrachera*)
- 1 ½ cups crumbled cheese, such as *Cotija*, *Añejo*, or light Feta
- 3 cups cabbage; shredded, washed, and drained
- ¼ white onion; peeled, and sliced finely

Prepare dough (*masa*): Place nixtamalized corn flour in a mixing bowl; add water gradually, stirring with a spatula, to hydrate the flour. Continue adding water (approximately four cups) and mixing, kneading gently with hands, until all the flour has been incorporated, and the dough may be formed into a very moist ball. Cover with a kitchen towel, and allow to rest for at least half an hour.

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... *Huaraches* cont.

If using, prepare sautéed mixed greens: Warm up oil in a frying pan over medium heat; add and sauté the white parts of the green onions, until they become translucent; add green parts of onions, plus any thick greens, such as purslane. Incorporate the rest of the greens; cook just until wilted, then turn off the heat and add *epazote* (if using). Season with salt and black pepper, to taste. Keep warm until needed.

If using, prepare sautéed mushrooms: Warm up oil in a frying pan over medium heat; add and sauté onions, until they become translucent; add mushrooms and incorporate. After two minutes, turn off heat, season with salt and black pepper, to taste, and add *epazote* (if using). Keep warm until needed.

If using, grill steaks right before preparing *huaraches*. Season with salt and black pepper, to taste. Keep warm until serving time.

If using, place lard (or oil) in a saucepan over medium heat, cook until very hot and starting to bubble, but not smoking. Reduce heat to low, and keep lard (or oil) hot.

Prepare *huaraches*: Divide reserved dough into six portions, rolling each into a ball. Working with one portion of soft dough at a time, add water if not soft and moist, and with wet hands, flatten and pat into a thick disk, then place about one quarter of a cup of refried beans in the centre. Close dough over beans, sealing edges of dough together (photo below, left) Flatten with hands into an elongated patty (second photo, below). Heat up a *comal* (Mexican griddle) or large iron skillet over medium heat; place patty on hot surface, then extend it lengthwise with wet hands and a wet spatula; go as long as possible (to up to 11 or 12 inches long, third photo, below). Allow to cook on that side for three to four minutes. Flip once the top side is starting to dry (fourth photo, below). While that side is cooking, make indents on the surface with the handle of a wooden spoon or spatula with a flat tip, so the indents look like small rectangles (photo below, right):



If frying, add about two tablespoons of hot lard (or oil), dousing all over and around the patty, and allow to fry for one minute. The fat will go into the indents, seasoning and warming up the beans, as well as the inner layer of dough. Flip again and cook for one more minute, to make sure the patty is fully cooked, and the excess fat is drained.

Serve on a plate, indented side up, and top generously with sauce of choice. In the photo, right, a classic red huarache:



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... *Huaraches* cont.

A grilled-only *huarache* “*con de las dos*” with both green and red salsas:



Con bistec – With Steak – Top a classic huarache with a grilled steak:



Vegetariano – Vegetarian – Grilled-only (or fried with oil), topped with both green and red *salsas*. Add sautéed greens, crumbled cheese, and finish with a sprig of cilantro (or pea vine, as seen in the photo):



Vegano – Vegan – Fried with oil (or skip frying step), with dry *pasilla* pepper *salsa*; top with a layer of sautéed greens, then sautéed mushrooms, and finish with shredded cabbage:



Con todo – With Everything On – A fried *huarache* with red spicy *salsa*; top with sliced onions, shredded cabbage, crumbled cheese and sliced grilled beef steak:

