

Vegetarian Delight Tacos – *Tacos de delicia vegetariana*

Ingredients (for four portions)

2 cups	cooked beans with broth, such as <i>de la olla</i>
2 cups	<i>requesón</i> , or ricotta cheese
12 small	corn tortillas, OR 1 ½ cups nixtamalized corn flour, preferably blue and 1 cup water, as needed
2-3 ears	resh corn OR 1 cup frozen corn kernels
½ lb (225 g)	assorted mushrooms; wiped clean, and sliced
1 bunch	Swiss chard; washed, stems and leaves sliced separately
2	guajillo peppers; wiped clean, stems and seeds removed
4 cloves	garlic; peeled, and sliced thinly
¼	white onion; peeled, and chopped
¼ cup	cilantro; washed, and chopped, plus washed sprigs for garnish
2	tomatoes; washed, and chopped
¼	red onion; peeled, and chopped
2	avocados; washed
1-2	limes; washed, and cut into wedges
2 tbsps	oil
Salt and black pepper, to taste	

If using flour, prepare dough for tortillas – mix nixtamalized corn flour and ¾ cup water. Continue mixing, adding a little more water at a time, until all the flour is moist, and dough may be formed into a ball; cover and let rest.

If using fresh corn, prepare corn kernels – Remove and discard husks and silk from the corn, and rinse ears. Place in a large pot with water over high heat; bring to boil and cook for 5-8 minutes. Remove pot from heat, and transfer the corn to a plate; allow to cool down, then shave the kernels off the cobs with a sharp knife. Discard cobs. Measure corn kernels (should be between one and one and a half cups); reserve.

Re-hydrate guajillo peppers – Using kitchen scissors, cut guajillo peppers crosswise, into very narrow ribbons. Place in a bowl, and fill with boiling water; allow to rest, to rehydrate. Keep in water until needed.

Prepare filling – Warm up oil in a large pan over medium heat; add white onions, and cook until translucent, then incorporate sliced Swiss chard stems. Cook for 2-3 minutes, stirring, then add corn kernels. Stir to incorporate. Drain water from soaked guajillo slices, then add them to the pan, along with the sliced garlic. Stir, then incorporate sliced mushrooms. Continue cooking for one minute, then add Swiss chard leaves. Stir to incorporate to the rest of the veggies, and continue cooking just until the leaves have wilted. Stir in half the chopped cilantro, season with salt and pepper, to taste, then remove from heat and reserve until serving time.

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Prepare avocado side salad – Mix together tomatoes, red onion, and the rest of the chopped cilantro; wait to peel and cut avocados into small cubes until serving time, so it will not turn dark, adding to the other veggies, and seasoning with salt, to taste.

If making tortillas – Warm up a griddle, *comal*, or iron skillet over medium heat. Divide the reserved corn dough (*masa*) into 12 portions, approximately 35 g each. Working with one portion at a time, form into a ball, and place between plastic sheets, either on a flat surface, or a tortilla press. Flatten by pressing down with a cutting board, or a mould with a flat bottom, or by closing the tortilla press. Remove flattened dough disc from the plastic sheets, peeling onto one hand. Place disc (about 5 in – 12.7 cm in diameter), on hot griddle or skillet. wait a few seconds, until the edge starts to dry, then flip disc. Allow to cook until the surface starts to form small bubbles. Flip a second time, then cook for one more minute or so; often, the tortilla starts to swell with hot air, indicating the time to remove from the griddle. If they do not, just leave 20-30 seconds to make sure they are done fine. Remove from heat, then repeat with the rest of the dough. Keep tortillas warm in a clean kitchen towel.

Warm up beans.

Assemble tacos – Place one warm tortilla on the serving plate, then scoop some filling on one half of the tortilla (photo, right). Top with a generous scoop of *requesón* (or ricotta cheese, photo, far right):



Assemble plate - Repeat with two more tortillas, folding the tacos, and propping in a row; serve a portion of beans in a small bowl, and place on the plate, supporting on side of the row of tacos. Add a scoop of avocado side salad to the plate, and finish by garnishing tacos with a sprig of cilantro, and placing a lime wedge on the side:

