

**“Authentic Latino Cooking”
Rocky Mount Lifestyle Health Center
Presented by Rosy Cruz**

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Homemade Tortillas

Makes 8 tortillas

1½ cups warm water
2 cups corn flour

1. Combine water and corn flour in a large bowl.
2. Mix thoroughly with hands, making sure there are no dry lumps.
3. Allow mixture to “rest” for about 30 minutes. If the dough seems too stiff, add a little water and mix again.
4. Scoop ¼ cup of the mixture with ice cream scoop or ¼ cup measuring cup.
5. Form round tortilla in your hands.
6. Place on preheated griddle and use spatula to flip; cook until firm.

Sopes

Seasoned TVP

1. Pour 2 quarts water into large pan and add ¼ small chopped onion; bring to a boil. Add 1 lb. TVP (textured vegetable/soy protein) to hydrate. Drain.
2. Combine the following ingredients in small saucepan; cover with water and cook until tender. Drain and blend smooth.

½ small onion, chopped
1 guajillo chili
5 fresh, Roma tomatoes

2 garlic cloves
salt to taste

3. Combine TVP and sauce.

Guacamole

2 ripe avocados (1½ cups mashed)
1 tablespoon chopped onion, or to taste

1 tablespoon fresh lemon juice
3 tablespoons chopped cilantro
¼ to ½ teaspoon salt

1. Mash avocados with a fork, or whiz in a small food processor.
2. Add remaining ingredients and stir to mix.

Soyannaise

3 c. cold water
2 c. Soy Supreme soy milk powder
2 tsp. salt
2 Tbs. granulated onion
1/4 tsp. granulated garlic
3/4 c. light olive oil plus 1-2 Tbs.
1/3 c. lemon juice

While blending first 5 ingredients at high speed, slowly add oil until the hole in the center closes up. (Add additional 1-2 Tbs. of oil if needed.) Stir in lemon juice and refrigerate. Keeps for 1-2 weeks in fridge. Makes 5-6 cups.

Soy Sour Cream

Make Soyannaise recipe above. Add 1-2 Tbs. lemon juice. Stir well and refrigerate. Good on baked potatoes, etc.

To make Sopos: Begin with warm, thick tortillas. Top with the following:

Cooked black, pinto or small red beans (1 lb. dry), seasoned with salt, blended
TVP, hydrated and seasoned
Lettuce, shredded
Guacamole
Sunny Sour Cream

Salsa

1 large mango, cubed
3 tablespoons cilantro, chopped
1 large cucumber, finely chopped
2 Roma tomatoes, finely chopped
1/2 red onion, finely chopped
Juice of 1 lime
Salt to taste

Mix and serve with tortilla chips.

Mexican Salsa

6 Roma tomatoes, (heat in saucepan with small amount of water until peel is easily removed, discard peel)

1 jalapeno or serrano pepper (optional)

1 clove garlic

Salt to taste

Blend until smooth. (If pepper is omitted, a dash of cayenne may be added.)