

MEXICAN TORTILLAS FOR TACOS

Ingredients for 10 pcs approx:

- 175g nixtamalized instant corn flour for tortillas
- 265g warm water
- A pinch of salt

Preparation:

In a bowl, mix flour and salt and add the warm water little by little, work the dough with your hands until it has a smooth texture, a bit sandy, and not sticky. Divide the dough into balls and put an empty pan to heat over medium heat. Press the balls with a tortilla press (or a heavy book): put the baking paper under and on top of the dough so it doesn't stick.

Put each tortilla in the hot pan, wait until the edges are dry, and begin to rise: at this point, you flip the tortilla. Let it cook until the tortilla starts blistering and rising slightly, then flip it again. Now, the tortilla should start to inflate, it means that it's ready: let it inflate and deflate and then remove it from the pan. Repeat the operation with each tortilla. To keep the tortillas warm you can wrap them in a clean kitchen cloth and place it inside a pot with the lid on top.

Humidity is important: if the tortilla is too dry and the texture hard, you can pour a few drops of water in the pan and put the lid on for some seconds. You can also try to reduce the cooking time between the first and the second flip. The final result is a soft tortilla that you can fold without breaking it.

LEMON SHRIMP

Ingredients:

- 200g shrimps ready to cook (frozen or clean)
- 50g chickpeas (ready to eat, can chickpeas or you have them fresh, already boiled)
- 1 medium zucchini
- 1 shallot (or red onion, or onion)
- Fresh mint
- Lemon juice
- Salt and pepper to taste
- EVO oil
- Vinegar (any)
- 1 garlic cloves
- 1 ½ glass of white wine (one for cooking and one for drinking)
- Ginger (optional)
- 1 chili (optional)

Preparation:

In a bowl, mix the finely chopped onions and courgette, the chopped mint, with the ginger, vinegar, salt and pepper, and a little lemon juice. Set it aside.

In a skillet, sauté a drizzle of oil with the crushed garlic and chili (if using) over low heat. Add the shrimp and sauté them, increase the heat and pour in a little white wine. Allow the alcohol to evaporate, add the juice of half a lemon, a little lemon zest and lower the heat, cook a couple of minutes without allowing it to dry too much. Remove the garlic and add the shrimp to the salad. Mix well and serve.

HUACAINA SAUCE

Ingredients:

- peanut butter (or toates peanuts)
- milk or broth (any)
- spicy powder (cayenne, ají picante, etc)

Preparation:

Mix two tablespoons of peanut butter with one of milk, or broth, and the spicy ingredient. The consistency must be creamy and not thick. Double the proportions for more sauce.