



Mini Tortillas with Corn Mushrooms and Fresh Tomatillo Salsa



Vegetarian



Gluten Free

READY IN



6720 min.

SERVINGS



32

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup corn tortilla flour (masa harina;)
- ☐ 1 large garlic clove minced
- ☐ 1 cup ricotta salata crumbled
- ☐ 0.5 cup salsa verde cruda
- ☐ 1 teaspoon serrano chile fresh with seeds, or to taste minced
- ☐ 4 tablespoons vegetable oil divided
- ☐ 0.8 cup warm water

- ☐ 1 cup onion white divided finely chopped
- ☐ 0.5 pound huitlacoche fresh thawed coarsely chopped
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Equipment

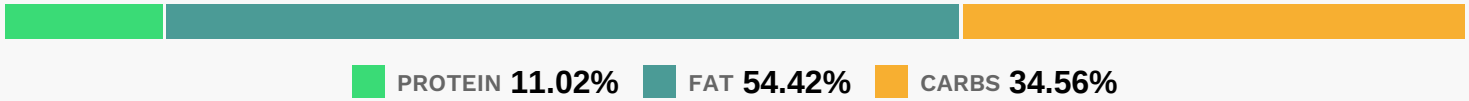
- ☐ bowl
- ☐ frying pan
- ☐ pizza pan
- ☐ plastic wrap
- ☐ spatula

Directions

- ☐ Combine tortilla flour and water in a large bowl and knead with your hands until a uniform dough forms, about 1 minute. Pinch off enough dough to form a scant 3/4-inch ball. (Dough should be moist but not sticky when formed into a ball. If necessary, knead a little more tortilla flour or water into dough.) Form remaining dough into 3/4-inch balls, transferring to a plate, and cover with plastic wrap.
- ☐ Very lightly oil comal (or pizza pan), then heat over medium-high heat until hot, about 2 minutes.
- ☐ Press 1 ball of dough between plastic squares in tortilla press to form a 3-inch tortilla (about 1/16 inch thick). Peel off 1 plastic square, then, holding tortilla in your palm, carefully peel off other square and gently transfer tortilla to comal.
- ☐ Cook until edges just loosen from comal and small brown spots appear on underside, 30 to 45 seconds. Turn over and cook, pressing flat with a metal spatula if necessary, until brown spots appear on underside, about 45 seconds. Turn over again and cook, pressing down with spatula, until tortilla inflates slightly (this may not always happen), 10 to 15 seconds. Enclose tortilla in folded cloth to keep warm and moist.
- ☐ Make more tortillas, stacking them in cloth. (Once you get a rhythm going, cook more than 1 tortilla at a time.)
- ☐ Cook garlic, chile, and 1/2 cup onion (reserve remainder for
- ☐ Garnish) in 2 tablespoons lard in a 10-inch heavy skillet over medium heat, stirring, until onion is softened, about 3 minutes.

- ☐ Add huitlacoche and 1/4 teaspoon salt and cook, stirring, until heated through, 3 to 5 minutes.
- ☐ Warm remaining 2 tablespoons lard (if using) to liquefy.
- ☐ Heat comal (or pizza pan) over medium heat until hot, then heat 8 mini tortillas, brushing tops lightly with some of lard (about 3/4 teaspoon each). While heating tortillas (1 to 2 minutes total), top each with about 1/2 teaspoon salsa, a sprinkling of reserved raw onion, and a rounded teaspoon huitlacoche mixture.
- ☐ Transfer chalupas to a platter, then sprinkle with queso fresco and serve immediately.
- ☐ Keep comal warm and repeat procedure when ready to serve next batch of chalupas.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:1.2708695547088%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 48.45kcal (2.42%), Fat: 2.98g (4.58%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 4.26g (1.42%), Net Carbohydrates: 3.7g (1.35%), Sugar: 0.52g (0.58%), Cholesterol: 3.95mg (1.32%), Sodium: 35.73mg (1.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.71%), Phosphorus: 37.08mg (3.71%), Vitamin K: 3.24µg (3.09%), Calcium: 23.52mg (2.35%), Selenium: 1.61µg (2.3%), Fiber: 0.56g (2.22%), Magnesium: 6.77mg (1.69%), Manganese: 0.03mg (1.64%), Vitamin B6: 0.03mg (1.35%), Zinc: 0.2mg (1.31%), Vitamin B2: 0.02mg (1.26%), Vitamin A: 57.4IU (1.15%), Vitamin E: 0.17mg (1.13%), Potassium: 36.92mg (1.05%)