

FOOD & DINING

A traditional take on a beloved dish

Hispanic cuisine is beloved the world over, and much of that infatuation can be traced to Mexico. Mexican cuisine is flavorful and can be enjoyed any time of year. But even ardent Mexican cuisine enthusiasts may never have tried authentic Mexican food. Many Mexican restaurants outside of Mexico offer only a hybrid form of this beloved cuisine that, while delicious, does not reflect traditional Mexican recipes.

For those who want a taste of something more authentic, consider the following recipe for "Classic Rolled Tacos" from Kelley Cleary Coffeen's "200 Easy Mexican Recipes" (Robert Rose).

Classic Rolled Tacos
Makes 24 tacos

- 2 cups shredded cooked beef (see below)
- 3/4 teaspoon salt
- 24 6-inch corn tortillas, micro-warmed (see note)
- Vegetable oil

1. In a large bowl, thoroughly combine shredded beef and salt.
2. To build tacos, place 1 1/2 tablespoons of meat at one end of each tortilla, shaping the filling into a short, straight line. Gently roll tortilla and secure with a toothpick (you do not need to seal the ends; the taco looks like a small flute). Deep-fry immediately or place rolled tacos in a resealable plastic bag to keep moist. Refrigerate until ready to cook for up to 2 days.
3. Fill a deep fryer, deep heavy pot or deep skillet with 3 inches of oil and heat to 350 F. Using tongs, gently place 3 to 4 tacos at a time in the hot oil and deep-fry, turning once, until golden brown and crispy, 2 to 3 minutes. Drain on paper towels. Lightly season with salt. Serve 3 or 4 per person.

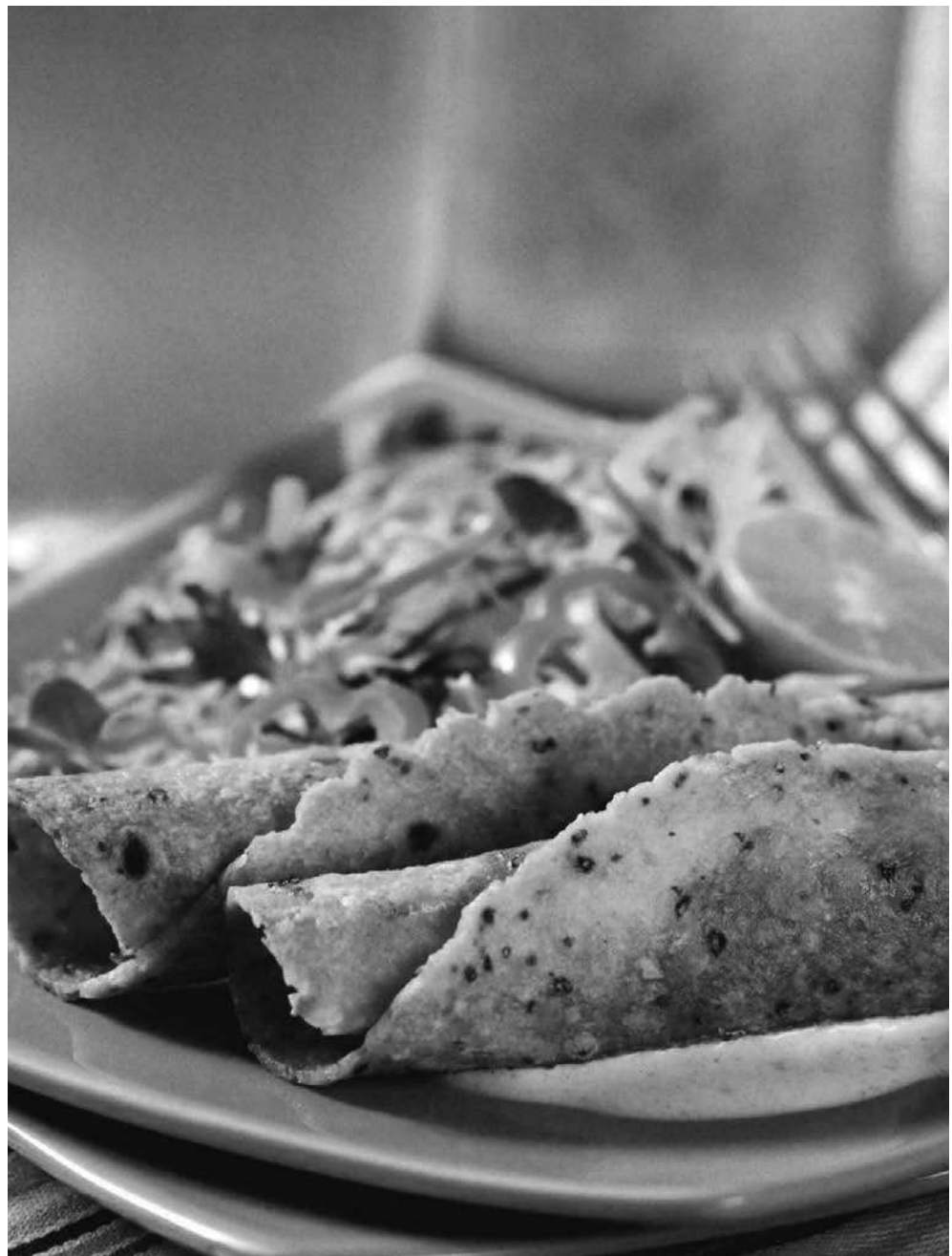
Note: Micro-warming corn or flour tortillas gives you a very pliable and soft tortilla and allows you to roll

the tacos tightly, so it's perfect for preparing rolled tacos and taquitos. It is also quick and easy for soft tacos.

Boneless Beef

- 2 to 3 pounds boneless beef, chuck or sirloin roast
- 1 onion, quartered
- 3 cloves garlic
- 3/4 teaspoon salt

1. Place roast in a large pot and fill with enough water to cover the meat by 2 inches. Add onion and garlic and bring to a gentle boil over medium-high heat. Cover, reduce heat to medium-low and simmer until meat is tender and falling apart, 1 1/2 to 2 hours. Remove meat. Discard broth or use in another recipe. Let meat cool for 12 to 15 minutes. Shred meat into strands with your fingers or two forks. Add salt and mix well. Let cool completely. Measure out amount needed for recipe and place remaining beef in a resealable plastic bag. Refrigerate for up to 2 days or freeze for up to 3 months.



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