

UNIVERSIDAD DEL SURESTE

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PLATILLOS TRADICIONALES DE MEXICO

INGLES

1º

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NAME: TLAYUDAS

PLACE OF ORIGIN: OAXACA

PREPARATION AND INGREDIENTS:

1 white onion.

1 large tomato.

2 tortillas for tlayudas.

1/8 of fresh white cabbage.

1 piece of beef for each tlayuda which can be jerky or cecina.

1 piece of fresh chorizo for each tlayuda.

1 avocado.

1/2 lemon.

50 gr of Oaxaca cheese for each tlayuda.

Pork or lard seats.

100 g of refried beans.

Step by step preparation

 We will start by peeling the onion and cutting it into rounds. You can press the wheels with your fingers to separate them into thin rings. If desired, cut the rings in half. Reserve them.

 Then, we will wash it very well and chop it into very thin wheels. Then we will cut the wheels in half and reserve them.

 In the case of cabbage, we will wash it very well. I usually soak it in water with vinegar, or even quickly pour it through boiling water. This so that it is disinfected in the best possible way. When it is clean, we will drain it and cut it into strips or julienne. For the couple of tlayudas that we are preparing with this recipe, it will be enough for us to complete one cup of chopped cabbage (I specify this, because the size of 1/8 of the cabbage can vary considerably, although a little more cabbage won't hurt anyone; )). We will reserve this other ingredient.

 We will also deal with the beans. They have to be made into a paste. If that is not the case, we will crush or liquefy them. Then we will heat them and keep them on low heat until ready to use them. They will have to be monitored and removed from time to time, so that they do not stick.

 Heat a griddle or griddle. Grease it with a little seat or butter, and cook the beef, on both sides, and the chorizo.

 Meanwhile, you can take the opportunity to cut the avocado in half and then into thin slices. Sprinkle the slices with the juice of half a lemon so that they do not oxidize or blacken. We will reserve it momentarily.

 When the meats are cooked we will remove them from the comal or griddle. Then we will grease the tortillas with a little butter or butter and cook them quickly, so that they take on a crispy and toasted texture.

 Then, we will remove the tortillas from the heat and smear them with bean paste on one side, helping us with a spoon. Later, we will spread the onion rings or strips and the cabbage strips. We will break the Oaxaca cheese into filaments, with our hands, and we will place the pieces on the tlayudas.

 Next, we will place its piece of beef and its piece of chorizo on each tlayuda. We will decorate with the pieces of avocado and tomato. You have to do everything very quickly so that the tlayuda does not get cold, nor does the tortilla get watery.

 Serve immediately, with a good Mexican red sauce.