



Cooking with Miriam
Chilaquitas/Guatemalan Flavor
6 Servings

Ingredients

For the tortilla

1 cup of masa harina (Maseca brand- Instant corn masa mix)
1 cup warm water
Wax paper cut to the surface of the tortilla press (2 sheets round shape, 8 inch diameter)

For the Chilaquila

6 tortillas
3 egg whites
1 tablespoon all-purpose flour
1 8 oz. package cream cheese
½ cup vegetable oil for frying

For the sauce

2 ½ cups diced tomatoes
1 cup chopped yellow onion
2 cloves of minced garlic
1 tablespoon unsalted butter
¼ cup of olive oil
1 tablespoon of kosher salt
Dash black pepper
¼ cup chopped fresh cilantro-stems removed
¼ cup of parmesan cheese

To make the tortilla

In a medium size bowl mix the masa harina and warm water until masa harina is soft. With your hand take a small amount of masa harina and make six small balls. Cut two pieces of wax paper in the shape of a tortilla. Place one sheet of wax paper on the bottom of the tortilla press, one masa harina ball in the center of the press, then cover the ball with the other wax paper piece and gently press down until the masa harina has spread to a diameter of 6 inches.

Heat a griddle or large skillet on high heat, carefully remove the wax paper on each side, and gently lay the tortilla down on the skillet. Cook the tortilla for one minute on each side. The tortilla should be lightly brown. Remove tortillas and place in aluminum foil to keep warm.

To make Chilaquila

In medium size bowl, whisk egg whites, add flour, and mix again. Spread one tablespoon of cream cheese onto a warm tortilla and fold into a half moon shape. Dip tortilla into the egg mixture making sure to cover both sides.

Heat the vegetable oil in a medium size pan. Cook tortilla in oil for about three minutes on each side, remove from heat, and place on paper towel.

To make sauce

In medium size pan, heat the olive oil, add the onion, and cook for one minute. Add the garlic and cook for another minute. Then add the tomatoes, butter, cilantro, salt, and pepper and cook for three minutes. Place the Chilaquillas in the pan, making sure to cover them with enough sauce. Place a lid on the pan and cook for one more minute. Ready to serve. Sprinkle with Parmesan cheese and enjoy!