Random Taco Cookbook



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# Bulgar Black Bean Filling with Zaatar, Potato Hash and Garlic Lime Sauce in Hard Corn Shells (Traditional; US)

# Bulgar Black Bean Filling

Bulgar Black Bean Filling  
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This is a quick and easy vegetarian substitute for a ground beef-like texture without using a soy substitute.  
  
\* 1 cup cooked, strained bulgar  
\* 1/3 cup cooked black beans (or canned), rinsed and strained.  
  
Mix bulgar and black beans together. For better texture, slightly mash the black beans. Add your choice of seasonings to taste and serve.

# Zaatar

Zaatar  
======  
  
\_A.k.a. za‘tar, za’atar, zattr, etc.\_  
  
Zaatar is a thyme-based Middle Eastern seasoning that adapts well to tacos. It has a pleasantly dry, faintly sour/bitter flavor. It goes well on savory bases like squash and lamb, and combines with other sour seasonings like lemon juice and radish.  
  
There are many kinds of zaatar, some quite different; this recipe is representative, not definitive.  
  
\* 4 units thyme  
\* 2 units oregano  
\* 2 units sesame seeds  
\* 0–1 unit salt  
\* 1 unit sumac (to be found at a Lebanese or Syrian market, or at a yuppie grocery; in a pinch, lemon zest can substitute)  
\* Other herbs to taste: fennel pollen, marjoram, cumin, etc.  
\* Optional: trace olive oil or lemon juice as a binder (but not if you plan to store it)  
  
Toast the sesame seeds. Grind all ingredients together using any method, stopping when the mixture is not too fine to pick up by pinching.  
  
May be added to meat during cooking, or sprinkled over a finshied taco.  
  
The latest theories have not ruled out the possibility of a zaatar mole.

# Potato Hash

Potato Hash  
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\* 6 or so small yukon gold poatoes   
\* 4 green onion, chopped  
\* 1/2 small can of green chiles  
\* olive oil  
\* coarse salt  
\* 1/4t chili powder  
\* dash cumin  
\* 1/4t garlic powder  
\* Nutrional yeast (optional)  
  
  
Peel and dice potatoes, throw in a pan with a 1/4 or so of water, cover and cook on medium-high until potatoes are soft.  
Once potatoes are soft, lower to medium heat add green onions, chiles, spices and olive oil. Cook until hash-like. BOOM.

# Garlic Lime Sauce

Garlic Lime Sauce  
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This sauce packs a creamy, sour, garlicky punch and can cut the heat on a spicy salsa. It pairs well with Mango Lime Salsa for excellent fish tacos. This is a simplified version of the [lime sauce recipe](http://www.loveandoliveoil.com/2008/04/fish-tacos-with-mango-salsa.html) on Love and Oil.  
  
Combine in a bowl:  
\* 1-2 tablespoons mayonnaise  
\* 1/2 cup plain yogurt  
\* 2 tablespoons fresh lime juice  
\* 1-2 cloves minced garlic  
\* salt to taste  
\* (optional): chopped fresh cilantro garnish  
  
Whisk ingredients together in bowl.   
  
Serve on the side, or drizzle as a decorative layer onto prepared tacos. Optionally sprinkle with chopped cilantro as garnish.

# Hard Corn Shells (Traditional; US)

Hard Corn Shells (Traditional; US)  
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Mistakenly thought by many to be traditionally Mexican, hard shells were actually popularized in the US in the mid-20th century.  
  
While they can certainly be made at home (if you have access to a deep-fryer), the best method of obtaining hard taco shells is to head to the grocery store.

# Insane Garlic Ground Turkey with Mahi Mahi Rub, Sweet Potato and Apple Hash and Baja White Sauce in Hard Corn Shells (Traditional; US)

# Insane Garlic Ground Turkey

Insane Garlic Ground Turkey  
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While not particularly fancy, the insane garlic ground turkey is a crowd pleaser.  
  
Ground Turkey  
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\* 2 pounds of ground turkey (preferably thigh meat)  
\* Four yellow onions  
\* Store-bought Taco Seasoning  
\* More garlic than you can imagine (4-5 cloves)  
\* Olive Oil  
  
1. Chop several onions into slices.  
2. In a large pan heat olive oil in a saucepan over high heat  
3. Cook onions on high heat until they are almost caramelized. (10 minutes)  
4. Reduce heat to medium.  
5. Add ground turkey making sure to stir meat to ensure adequate turkey / onion mixture.  
6. Cover and let turkey cook for 8 minutes.  
7. Mix taco seasoning using one cup of water for each packet of seasoning  
8. Add several cloves or garlic to pan. When in doubt with garlic always err on the side of too much.  
9. Cook uncovered until taco seasoning is reduced.  
10. Warn guests of impending garlic.  
  
Total cooking time: 30-40 minutes

# Mahi Mahi Rub

Mahi Mahi Rub  
==============  
  
A rub for Mahi Mahi, if fish tacos be what you're fancying:  
  
\* 1 Part spicy chili powder  
\* 1 Part salt  
\* 1 Part ground cumin  
\* 1/2 Part chopped cilantro  
\* 1/2 Part cayenne  
\* 1/2 Part pepper  
\* 1/2 Part oregano  
\* 1/2 Part onion powder  
\* 1/2 Part garlic powder  
  
You choose your measurements and enjoy!

# Sweet Potato and Apple Hash

Sweet Potato and Apple Hash  
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Sweet potatoes are my go-to taco punch-up. I was going my normal route of making small (1/4" or so) cubes of sweet potatoes when I thought: Hey, it's fall, I'm going to add an apple in there. Fuck yes.  
  
\* 2 Small sweet potatoes (you'd be amazed how little sweet potato you need for tacos)  
\* 1 Small apple  
\* One can diced green chilis  
\* A couple pinches of chili powder  
\* A queeze of honey  
\* Pat o' butter  
  
Mix this all into a pan, with about 1/4 cup of water, and boil it all up until the water goes away, toss in the butter, and continue to pan-fry until things get a little browned.

# Baja White Sauce

Baja White Sauce  
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This is a traditional white sauce for [Baja fish tacos](../full\_tacos/baja\_fish\_tacos.md).  
  
\* 1/4 cup mayo  
\* 2 tbsp sour cream  
\* 1 tbsp lime juice  
\* 1/4 tsp celery salt (or garlic salt, etc)  
  
Mix, and refrigerate for an hour if possible.

# Hard Corn Shells (Traditional; US)

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# Taco de rajas poblanas with Packaged Seasonings, Drunken Green Beans and Beet Salsa in Fresh Corn Tortillas

# Taco de rajas poblanas

Taco de rajas poblanas  
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\* Bunch of poblano peppers  
\* Onion  
\* Tad of oil  
\* Mexican crema or sour cream  
\* \*optionally\*, fresh corn  
\* \*optionally\*, queso Oaxaca or panela or fresco  
  
Start with 1 or more produce-section bags of Poblano peppers,  
it's handy if the bags are not totally full for a subsequent step.  
  
Place the Poblano peppers over an open flame, typically directly  
over a natural gas burner on a stove. Their skin will bubble and blister,  
rotate and rearrange them with tongs until the burns, bubbles, and  
blisters are evenly distributed around the chiles and you feel a tingle  
in your upper sinuses. Put the singed peppers back in the produce bags,  
then close the bags tightly to 'sweat' the chiles inside.  
  
While the chiles are sweating, sautee some onion slices in a pan.  
Optionally, add some pre-cooked whole kernels of corn when the onion is  
almost done.  
  
Take the chiles out of the bag. Their skin will be wilted and will come off  
in your fingers. Peel the outer layer of the chiles off and discard. Once  
the outer skin is removed, de-vein the rest and remove the seeds. Then  
cut the flesh into thinninsh strips.  
  
Add the chile strips (the 'rajas') back into the pan with the onion. Get it  
all hot and finish cooking any bits of chile that remain raw after the  
skin removal process. When it looks close to done, lower the cooking heat  
to a minimum and add the cream and cheese(s) and warm them for about 5 minutes.

# Packaged Seasonings

Packaged Seasonings  
==============  
  
Lest we be accused of snobbery, let's acknowledge that a taco is a taco, and taco night can be well-served by not having to think at all.  
  
Feel free to use the pre-packaged seasoning of your choice. When I'm in an old-school mood, I head straight for...  
  
\* Old El Paso Taco Seasoning

# Drunken Green Beans

Drunken Green Beans  
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Green beans are fine. Green beans cooked in beer are better. Maybe even the best.  
  
\* 1 Surly fist full of green beans  
\* half a beer  
\* quarter cup vegetable broth  
\* 2 cloves garlic  
\* 1 Tbsp olive oil  
\* some salt, whatever  
  
First peel and dice the garlic and sauté it in the olive oil. Before it gets all burned and ruined, add the beer and vegetable broth.   
   
As the liquid comes to a boil, cut the green beans up. Add the green beans and a pinch of salt and let them simmer for about five minutes. If you like your beans on the softer side you can let it go a little longer. But the trick is to pull them right after the color starts to turn and you've just made a delicious addition to any taco.

# Beet Salsa

Beet Salsa  
==========  
  
Tired of plain ol' [Carne Asada Tacos](../base\_layers/chooped\_steak.md)? Get exotic with beet salsa.  
  
\* 4 - 6 Roma tomatoes  
\* 1 - 2 Serrano pepper  
\* Reasonably sized onion (green or vidalia)  
\* 10 garlic cloves (leave it up to your buds, I like 10 or more)  
\* Salt and pepper to taste  
\* 1 bunch of beets  
\* 1 or more lemons  
  
Fry tomatoes, pepper(s), onion and garlic in a pan until they are brown and tomato skins are peeling away. Move ingredients to the blender and purèe. Chop beets to a blendable size and add to salsa. Add salt and pepper to taste. Squeeze in desired amount of lemon and blend one more time.

# Fresh Corn Tortillas

Fresh Corn Tortillas  
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This is the only way to go. So worth it. Makes roughly 15 tortillas.  
  
\* 1 3/4 cups masa harina  
\* 1 1/8 cups water  
  
1. In a medium bowl, mix together masa harina and hot water until thoroughly combined. Turn dough onto a clean surface and knead until pliable and smooth. If dough is too sticky, add more masa harina; if it begins to dry out, sprinkle with water. Cover dough tightly with plastic wrap and allow to stand for 30 minutes.  
2. Preheat a cast iron skillet or griddle to medium-high.  
3. Divide dough into 15 equal-size balls. Using a tortilla press, a rolling pin, press each ball of dough flat between two sheets of wax paper.  
4. Place tortilla in preheated pan and allow to cook for approximately 30 seconds, or until browned and slightly puffy. Turn tortilla over to brown on second side for approximately 30 seconds more, then transfer to a plate. Repeat process with each ball of dough. Keep tortillas covered with a towel to stay warm and moist (or a low temp oven) until ready to serve.