Recipe Number 1

Delengua (Beef Tongue)  
======================  
  
Entertaining? Wanna go exotic? Got a little bit of time? Makes in the neighborhood of 20 tacos.  
  
\_\_Ingredients\_\_  
  
\* 1 1/2 pounds of cow tongue  
\* 1/2 onion  
\* 2 bay leaves  
\* 1 quart chicken stock  
\* 6 cilantro stems  
\* 1 small carrot, peeled and roughly chopped  
\* 2 cloves garlic  
\* 2 tablespoons Canola Oil  
  
\_\_Directions\_\_  
  
1. Combine tongue, onion, bay leaves, carrot, and garlic in a saucepan.   
2. Add stock until mostly covered.   
3. Bring to a boil over high heat, reduce to a simmer, cover with lid, and cook four to six hours until completely tender (depends on the size of the tongue).  
4. Add water as necessary to keep the tongue mostly submerged.  
5. Move tongue to a cutting board.   
6. Strain stock and chuck the solids, keeping the liquid for later.   
7. Peel the outer membrane off the tongue and discard. Chop tongue into 1/2-inch pieces.   
  
When ready to serve, heat oil in a large non-stick skillet set over medium-high heat until shimmering. Add tongue and cook, stirring occasionally, until tongue is well browned on all sides, 5 to 8 minutes total.   
  
NOTE: The first seven steps can be done well in advance. Should keep in fridge up to five days.  
  
  
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!  
  
  
Drunken Green Beans  
===================  
  
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.  
  
  
Mango Avocado Salsa  
===================  
  
Goes great on soft shell chicken tacos with cheese (or deep-friend wantons with scallops)!  
  
\_\_Ingredients\_\_  
  
\* 2 Avocados  
\* 2 Mangos  
\* 1 Orange  
\* 1 Tablespoon Honey  
\* Garlic cloves (leave it up to your buds)  
\* Pepper  
\* 1 Lime  
  
\_\_Directions\_\_  
  
1. Chop avocado and mango into bowl.  
2. Squeeze the lime and half the orange in, add honey.  
3. Add garlic (chopped or pressed) and pepper to taste.  
4. Stir and enjoy!  
  
  
Hard Corn Shells (Traditional; US)  
======================  
  
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.

Recipe Number 2

Garlic Black Beans  
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Vegetarian/Vegan  
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\* Can of plain black beans  
\* 3 - 6 cloves of garlic chopped fine  
\* Vegetable oil of your choice  
\* Cumin  
\* Cayenne or Chipotle pepper (optional)  
\* Lemon juice (optional)  
  
1. Heat a tablespoon of olive oil in a saucepan over medium heat.   
2. When olive oil starts to shimmer, add the garlic and let it simmer for about 10 seconds.  
3. Add cumin and pepper (if wanted) and simmer for another 10 seconds.  
4. Pour in the entire can of beans, don't drain or rinse them.  
5. Simmer for about 15 minutes or until the bean broth has thickened to your liking. If the beans will be the main ingredient of your tacos, cook until the beans are just about totally dry. If you're using them in a mixture (like the [Black Bean, Potato, and Onion Tacos](/full\_tacos/black\_bean\_potato\_onion\_tacos.md) ), let the broth stay a little bit runny.  
6. Add a squeeze or two of lemon juice if you like.   
  
  
  
Quick and Dirty Spice Mix  
=========================  
  
I’m not going to make a lot of big assumptions here. You own a skillet of some sort. You have some jars of jankity-ass spices from who-knows-when. You want to eat some tacos within the next, like, fifteen minutes. I got you covered, bachelor(ette).  
  
\* 2 Tbsp all-purpose flour  
\* 2 1/2 tsp. chili powder  
\* 3/4 tsp. onion powder (or 1 1/2 tsp. minced yellow onion)  
\* 1 1/4 tsp. salt  
\* 1 tsp. paprika  
\* 3/4 tsp beef bouillon powder  
\* 1/4 tsp. granulated sugar  
\* 1/4 tsp. cayenne pepper  
\* 1/4 tsp. garlic powder  
\* 1 tsp. cumin  
  
Put all this in something with a lid, add 3/4 cup of water, and shake it. Brown a pound of ground beef, then pour the whole situation in there. Stir. Cook it down until it looks like you only put in half a cup of water. You have tacos now.  
  
Vegetarians  
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I’ve made this with that soy protein “ground beef” and it does not \_surprisingly\_ taste like someone put spices on a stack of cheap bar coasters and ran it all through a blender. (Vegetable) oil the skillet when you’re dealing with that stuff, unless you’re looking for excuses to buy a new one.  
  
If you leave out the bouillon for the sake of doing things vegan-style you’ll probably want to nudge up the salt a little.  
  
  
Tomatoes (Traditional; US)  
======================  
  
Adding a bit of coolness and moisture, tomatoes are a staple ingredient of the American taco. The better the tomato the more flavor they will impart, but even a sub-sandard grocery store tomato has a place in a traditional taco.  
  
\* Tomatoes (diced)  
\* Cherry Tomatoes (quartered)  
\* Grape Tomatoes (sliced)  
  
  
Garlic Lime Sauce  
=====================  
  
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.  
  
  
  
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.

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Sweet Potato and Apple Hash  
===========================  
  
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.   
  
  
Chipotlé Sauce  
==============  
  
\_\_Ingredients\_\_  
  
\* 1 cup plain Greek yogurt  
\* Juice from 2 limes  
\* 2-3 chipotlé peppers, with surrounding adobo sauce from can  
  
\_\_Directions\_\_  
  
1. Drop all of this into a food processor, and blend away.  
2. Let sit in fridge for 30 minutes or overnight for flavor melding.   
3. Add to tacos, and anything else you'd like.  
  
  
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