Random Taco Cookbook



Photo by Tai's Captures on Unsplash

Source: https://taco-1150.herokuapp.com/random/?full\_taco=true

### **Adade Gbadoe**

First Taco Recipe

### 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.

### Pickled Vegetables

Pickled Vegetables  
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\_\_Whisk:\_\_  
  
\* 1/4 cup rice vinegar  
\* 2 teaspoons sugar  
\* 1 teaspoon soy sauce  
\* 1 teaspoon fish sauce  
\* Some red pepper flakes  
  
\_\_Then toss in some sliced vegetables. Suggestions include:\_\_  
  
\* cucumbers  
\* carrots  
\* onions  
\* radishes  
  
Mix, cover and chill in fridge for at least 30 minutes before using.

### 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.

### Lightly Seasoned Beef

Lightly Seasoned Beef  
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\* 500 g ground beef or chopped steak  
\* 20 g black cumin seed, ground  
\* 2 cloves garlic  
\* 15 ml white wine  
\* 4 g salt if wine is unsalted  
\* oil to coat the pan  
  
1. Heat oil in the pan.  
2. Toss in the garlic, and the beef on top of that.  
3. Add the cumin. Brown the beef.  
4. Use the splash of wine to loosen anything stuck to the pan.  
  
Perfect, lightly seasoned taco meat.

### 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.

Second Taco Recipe

### Sriracha Salt

Sriracha Salt  
=============  
  
I actually received this as a gift, but I found a recipe to make your own.  
  
\_\_Ingredients\_\_  
  
\* 1 cup Salt  
\* 10 tsp. Sriracha  
  
Mix the two ingredients together in a bowl. Spread it out on a baking sheet lined with foil or parchment paper. Put in a 200-degree oven, then turn the oven off and let it sit overnight inside. It will clump, but place in ziplock bag and attack it with a rolling pin. Tada!  
  
The effect on most food is as awesome as you'd expect but it is especially amazing with eggs. Add it to your breakfast tacos.

### Chipotlé Sauce

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.

### Potato Hash

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\* 1/2 small can of green chiles  
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\* coarse salt  
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\* dash cumin  
\* 1/4t garlic powder  
\* Nutrional yeast (optional)  
  
  
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### Ground Beef (Traditional; US)

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The tranditional base for an American taco is ground beef, browsed in a skillet and seasoned.  
  
\* 1lb Ground Beef  
  
1. Heat a skillet on the stovetop.  
2. Brown the ground beef for 8-10 minutes, or until it is thoroughly cooked, stirring frequently to avoid sticking or burning. (If you're not using a non-stick pan, which is preferred, use 1T oil to keep things loose.)  
3. Stir in seasonings.

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Third Taco Recipe

### Sriracha Salt

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### Garlic Lime Sauce

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.

### Lettuce (Traditional; US)

Lettuce (Traditional; US)  
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In a traditional American taco, lettuce serves to add extra crunch and coolness. Favor the bulkier lettuces over leafier fare such as Bibb lettuces or mesclun.  
  
\* Iceberg Lettuce (shredded)  
\* Romaine Lettuce (shredded; maintain the stalks)

### Moroccan Lamb

Moroccan Lamb  
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A Differently Spiced Meat Than Your Usual Taco  
----------------------------------------------  
  
\* 500 g ground lamb  
\* 20 g Ras al Hanout spice. My mix contains:  
 \* Paprika  
 \* Cinnamon  
 \* Allspice  
 \* Clove  
 \* Toasted Mustard  
 \* Cumin  
 \* Caraway  
 \* Black Pepper  
\* 10 g fresh lemon zest or 10 g finely ground Black Lemon Omani (Moroccoan dried preserved lemon)  
  
Mix together and brown.

### 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.