

FLAUTAS / TAQUITOS

Makes 4.

By Dennis W. Viau; modified from several internet recipes.

For these flautas/taquitos I made my own tortillas. Tortilla presses are not expensive and they make the process of shaping tortilla dough easy. Fresh homemade tortillas are superior to those sold in the store. I made a simple filling. I used lamb, but you can use any meat you like. For ease, they are cooked in an air fryer, but you could cook them in oil until crisp (traditional) or bake them in an oven. These would be a good way to use up leftover meats.



Ingredients:

For the Tortillas:

½ cup (70g) masa flour (such as Maseca instant corn masa flour)

½ cup (120ml) warm water, more or less as needed

¼ teaspoon salt

For the Filling:

1 tablespoon olive oil

6 ounces (170g) of raw lamb, very thinly sliced (or use cooked meat)

1 clove fresh garlic, minced

2 tablespoons salsa verde

¼ to ½ teaspoon chili powder, mild or hot

Salt and pepper to taste

2 ounces (60g) Monterey Jack cheese, shredded

Optional: Pesto, preferably homemade

Optional: Guacamole, preferable homemade

Directions:

To make the tortillas:

Combine the masa flour and salt in a mixing bowl. Add half the water and stir. As needed, add more water a little at a time until a soft moist dough forms. It should be easy to shape and hold together without breaking.

Divide the dough into four portions. Roll each into a ball. Place between layers of plastic film on a tortilla press and shape to a flat round 5½ to 6 inches (14 to 15cm) in diameter. Cook on a heated griddle 30 seconds on one side, flip and cook an additional minute, then flip again and cook another minute. Transfer to a tortilla warmer lined with a damp towel. Repeat for remaining dough balls. Set aside until needed.

To make the filling:

If using raw meat, heat the oil in a skillet. Add the meat with the garlic. Cook thoroughly. Transfer to a bowl and let cool a little. Add the salsa verde, chili powder, salt and pepper. Mix well.

To make the flautas/taquitos:

Place a tortilla on a clean surface. Place about ¼ of the cooked meat in a line along the center. Add some of the cheese, reserving some for garnish later. Roll the tortilla fairly tight around the filling and place in the basket of an air fryer. Continue until the other flautas are made. Sprinkle the tops with the reserved cheese.

Cook in the air fryer at 360°F (180°C) 8 to 10 minutes or until the cheese is lightly browned on top. Serve with salsa or guacamole.