



The Edible Garden

Recipe featured at the *Cooking for the Season* demonstration,
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Wild Mushroom Sopes with Huitlacoche and Grilled Cactus
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Sopes are small round corn *masa* tartlets, also called *picaditas*, which are like thick tortillas with the edges pinched to form a ridge. *Sopes*, like any tortilla product, are best used fresh. They can be made any size, and smaller ones are great as passed hors d'oeuvres.

The most difficult part of the first recipe is actually finding the *huitlacoche*, also spelled *cuitlacoche*. It is best fresh or frozen, but is also available canned from some online Mexican food suppliers. Your best option is to purchase it frozen, but even that may be hard to find. Otherwise, try a trip to Oaxaca in the fall. (There really is no substitute ingredient.)

Ingredients

for the sopes:

- 1 ¼ cups tortilla *masa*
- 2 tablespoons lard or vegetable shortening
- ½ cup water
- 1 teaspoon kosher salt

for the mushroom-huitlacoche filling:

- 1 tablespoon canola oil
- 1 cup mixed sliced mushrooms, such as shiitake, cremini, and oyster mushrooms, but any variety may be used
- 1 tablespoon unsalted butter
- 1 medium yellow onion, diced
- 2 cloves garlic, chopped
- 1-2 arbol chiles, stemmed, toasted, and ground in a spice grinder or ½ to 1 teaspoon ground
 - arbol chile powder
- ½ cup *huitlacoche*
- ½ cup *nopales*, cactus pads, grilled and diced
- 1 tablespoon chopped fresh *epazote*, or substitute flat-leaf parsley and oregano

Kosher salt and freshly ground black pepper
1 cup crumbled queso fresco
¼ cup sour cream
3 radishes, trimmed and cut into thin strips

Instructions

1. Heat ½ tablespoon of the oil in a large skillet over high heat until almost smoking. Add the mushrooms and ½ tablespoon of the butter and sauté until golden brown. Transfer the mushrooms to a small bowl.
2. In the same pan over high heat, add the remaining ½ tablespoon of oil along with the onion, garlic, and remaining ½ tablespoon of butter. Reduce the heat to medium and sauté until the onion is golden brown, 3 to 4 minutes. Add the *huitlacoche*, ground chile, and epazote. Cook for 2 to 3 minutes, stirring often. Return the sautéed mushrooms to the pan and cook just to heat through. Season to taste with salt and pepper. Keep warm.
3. In a large bowl, mix the *masa*, lard, water, and salt together and knead gently until the dough is smooth. Roll about 3 tablespoons of *masa* into a ball, then flatten with your thumb on the palm of your hand to form a 2 ½ -inch round disk, approximately ¼ -inch thick. Repeat until you have 12 disks.
4. Heat a griddle or large skillet over medium heat. Add 2 or 3 *masa* disks and cook for 2 to 3 minutes on each side, turning once. Once the disks are cooked, remove from the pan and let cool slightly. Gently pinch the edges to form a rim resembling a small tart shell, then return them to the oil and continue cooking for 5 more minutes. Remove, wrap in aluminum foil, and keep in a warm oven.
5. Spoon 2 tablespoons of the warm mushroom mixture onto the *masa*. Top with 1 teaspoon of queso fresco, a dollop of Crema, and a sprinkle of radishes. Serve warm.