



The Edible Garden

Recipe featured at *Cooking for the Season* demonstration, July 22

Sopes (Hand Formed Corn Masa “Boats”)

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Makes 12 sopes

Ingredients

- 1 generous cup corn masa harina
- 1 teaspoon salt
- 1 cup warm water
- Vegetable oil, for frying

Instructions

- In a large mixing bowl, stir together the masa and salt. Slowly add the water and as you do, work the masa into dough with your hands. Knead the dough for 3 to 5 minutes or until it is moist and smooth but not sticky. If the dough seems too dry, moisten your hands with water and knead some more. If the dough seems to wet add a little more masa harina, no more than one tablespoon at a time. You want moist, smooth dough.
- Divide the masa dough into 12 equal balls. Form each ball into a round disc about ½-inch-thick.
- Heat a griddle or cast-iron pan over medium-high heat and cook each disc for about 3 minutes on each side or until a crust forms. Leave the sopes in one place for the first 3 minutes. If the sopes are moved before the crust forms they will stick to the pan and break when you try to lift them. As you remove the discs from the pan, pinch a rim all the way around it so that it's about 1/3 inch high and pinch the center about three times.. Set the sopes on a plate and when cool cover with plastic wrap until ready to use so that they do not dry out.
- In a medium skillet, heat about 1/2 inch of vegetable oil over medium-high heat. When the oil is hot enough so that a small piece of masa dough sizzles when tossed in it, gently fry the sopes for about 2 minutes on each side, or until crisp and lightly golden. Do not brown the sopes as they will be too tough. Carefully lift from the oil and drain on paper towels.