



The Flavor
OF THE
GAME

Buffalo Chicken Quesadillas



INGREDIENTS:

- 3 cups of MASECA® corn masa flour
- 1 teaspoon of baking powder
- 1 teaspoon of salt
- 2 cups of warm water
- 2 ½ cups of shredded chicken breast
- 1 green onion, sliced
- 2/3 cups of buffalo sauce
- 3 tablespoons of ranch dressing
- ½ teaspoon of garlic powder
- ¼ teaspoon of black pepper
- 2 cups of Mexican style (or cheddar) shredded cheese
- 2 cups of vegetable oil

PREPARATION:

- 1 Combine MASECA® corn masa flour, baking powder, salt and warm water in a large bowl. Using hands, knead dough until smooth. If dough is dry, add 1-2 tablespoons more water until dough hydrates. Cover with a plastic wrap and let sit for at least 30 minutes.
- 2 Divide dough into 16 masa balls. Keep covered in bowl to avoid drying.
- 3 Heat oil in a large frying pan over medium heat. In a large bowl, combine shredded chicken, green onion, buffalo sauce, ranch dressing, garlic powder and black pepper. Stir with a spoon until chicken is evenly coated with sauces.
- 4 Using a tortilla press, press each dough between two plastic sheets into 1/8-inch tortilla. Spoon 2 tablespoons of the chicken mixture on one side of the tortilla and top with 1 tablespoon of shredded cheese.
- 5 With the help of the plastic sheet, fold the tortilla in half, pressing and sealing the edges closed with fingers, keeping the filling inside. Transfer carefully to the hot oil.
- 6 Fry 2-3 quesadillas for 4-5 minutes on each side or until golden brown. Transfer to a paper towel-lined plate to drain any extra oil. Repeat with remaining dough and filling.
- 7 Serve with sliced green onions, a side of ranch and buffalo sauce for dipping.



Makes 16 quesadillas

Corn & Cheese Fritters



INGREDIENTS:

- 1 cup of MASECA® corn flour
- 1 teaspoon of salt
- 2 cups of water
- 1 cup of shredded Mozzarella cheese

PREPARATION:

- 1 In a medium pot, bring the water and salt to a boil. Once boiling, gradually add the MASECA® corn flour, stirring continuously with a wooden spoon until a smooth dough forms.
- 2 Remove from heat and add shredded cheese to the dough, mix with the spoon until fully integrated.
- 3 Refrigerate the dough for 30 minutes to rest and facilitate forming the corn fritters (sorullos).
- 4 With your hands, take a small ball of dough and form a cylinder to shape the sorullos.
- 5 Heat oil in a large skillet over medium-high heat and fry until golden brown and crispy.
- 6 Transfer to a plate lined with paper towels to absorb the excess oil.
- 7 Serve with cream, pink sauce (ketchup & mayo), or your favorite dip.

TIP:

Sorullos can also be filled with cheese or any other ingredient.

Makes 24 corn fritters



Crispy Fried Potato Tacos



INGREDIENTS:

Ingredients for the tortillas:

- 2 cups of MASECA® corn masa flour
- 1 ½ cups of water
- ½ teaspoon of salt

Ingredients for the filling:

- 2 pounds of potatoes, peeled
- 2 teaspoons of chicken or vegetable bouillon
- ½ cup of low fat milk
- 1 cup of Mexican style cheese, shredded
- cooking oil

Ingredients to serve:

- iceberg lettuce, shredded
- tomatoes, diced
- jalapeños, sliced
- queso fresco, crumbled

PREPARATION:

Instructions for the tortillas:

- 1 In a large bowl, combine MASECA® corn masa flour, salt and 1 ½ cups of warm water. Mix with hands until a soft, smooth dough forms. If dough feels dry, add teaspoons of water (one by one).
- 2 Preheat comal or skillet over medium high heat.
- 3 Divide masa into twelve masa balls. Keep masa covered to avoid drying. Place a masa ball between two sheets of plastic and press in a tortilla press.
- 4 Cook each tortilla for 30 seconds on each side, turning the tortilla 3 times. Cover tortillas with a cloth napkins to keep soft and warm.

Instructions for the filling & tacos:

- 1 Place potatoes in a large saucepan with enough water to cover. Boil for 20 minutes. Remove from heat.
- 2 Mash with potato masher, add bouillon, milk and continue mashing until mixed well. Set aside.
- 3 Heat about 2 inches of cooking oil over medium heat.
- 4 Fill each tortilla with 2 tablespoons of mashed potatoes and 1 tablespoon cheese. Fold and fry for 3 minutes on each side or until golden and crispy.
- 5 Transfer to a serving dish. Top with shredded lettuce, tomato, jalapeño slices and crumbled queso fresco.



Makes 12 Tacos

Air Fryer Blue Chips



INGREDIENTS:

- 2 cups of MASECA® Blue corn masa flour
- 1 ½ cups of warm water
- Neutral oil spray

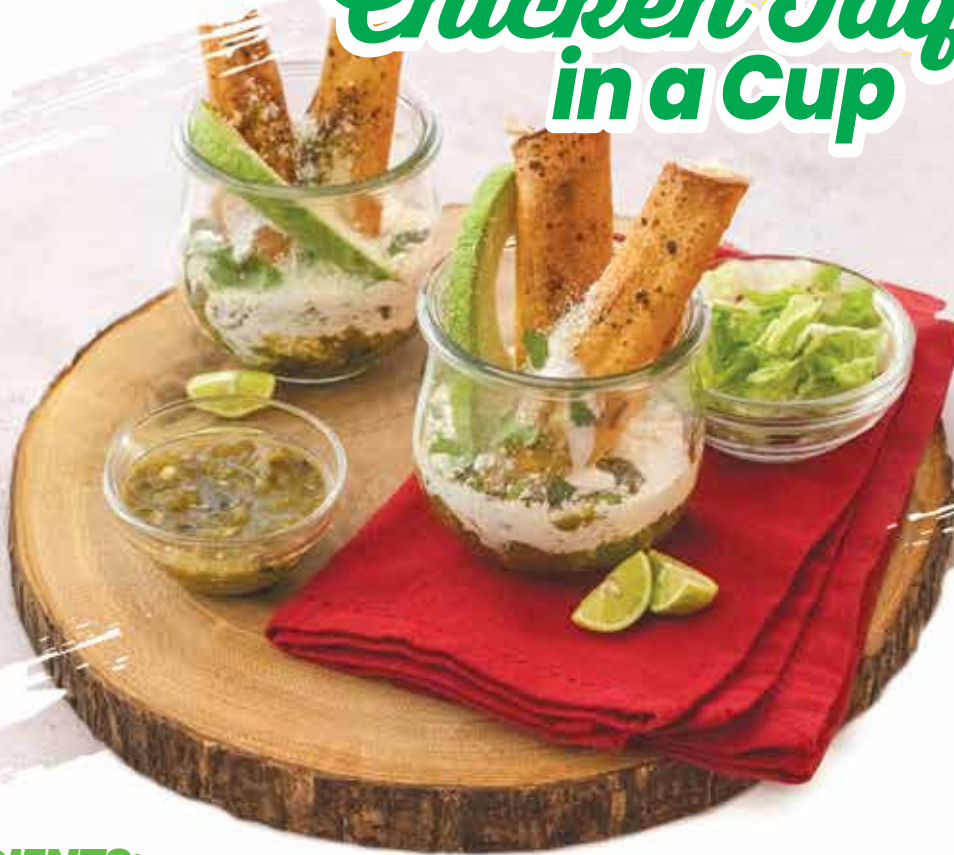
PREPARATION:

- 1 In a bowl, combine MASECA® Blue corn masa flour and warm water, mixing until a soft, smooth dough forms. If dough feels dry, add teaspoons of water (one by one).
- 2 Divide dough into 10 equal portions and roll into balls. Press each into a thin tortilla using a tortilla press.
- 3 Cook tortillas on a hot comal or skillet for 30 seconds per side. Just until set (no browning). Stack and keep covered with a towel to stay soft.
- 4 Once slightly cooled, stack tortillas. Cut into rectangles or strips.
- 5 Preheat air fryer to 345°F. Lightly spray tortilla strips with oil. Arrange in a single layer (don't overlap). Air fry for 8 minutes per batch, until crispy.



Serves 6 portions

Chicken Taquitos in a Cup



INGREDIENTS:

For the taquitos:

- 18 tortillas made with MASECA® Nixtamasa corn masa flour
- 4 cups of cooked chicken breast, shredded
- Oil for frying

For the cups:

- Roasted green salsa
- Mexican table cream
- Crumbled cotija cheese
- Avocado slices
- Shredded lettuce
- Lime wedges

PREPARATION:

For the taquitos:

- 1 Heat tortillas made with MASECA® Nixtamasa so they are soft and flexible. Fill each tortilla with 2-3 tablespoons chicken mixture, roll and carefully place in oil. To keep taquitos from opening while frying, you can use a toothpick.
- 2 Heat oil in a large skillet over medium-high heat and carefully place in oil.
- 3 Turn taquitos to fry evenly until crispy and transfer to a plate with paper towels to absorb any excess oil. Remove toothpicks if used.

Assemble cups:

- 1 Pour ¼ cup salsa in a cup, add 2 taquitos.
- 2 Add a layer of table cream and top with Cotija cheese, avocado, a sprinkle of fresh cilantro, shredded lettuce and lime juice.

Makes 18 taquitos



Three Meat Sopas



INGREDIENTS:

SOPES:

- 2 cups of MASECA® Antojitos corn masa flour
- 1 ¼ cups of warm water
- Vegetable oil

MEATS:

- 1.1 pounds of chicken breast
- 1.1 pounds of flank steak
- 1.1 pounds of pork loin
- 5 tablespoons of oil
- 2 onions
- 4 serrano peppers, sliced

- 3 Roma tomatoes, chopped
- 1 can of refried beans
- 2 avocados, sliced
- ½ lettuce, finely shredded
- Salt and pepper to taste
- Mexican Table cream

PREPARATION:

Sopes:

- 1 Mix MASECA® Antojitos corn masa flour with water. Using your hands, knead for 2 minutes until you form a soft and uniform dough.
- 2 Divide masa in 10 portions, form thick tortillas and cook in a griddle with a little of oil. Immediately after cooking, press around the edges with your fingertips to form like a small plate.

Meats:

- 1 Cook chicken breast with salt and shred. Set aside.
- 2 Marinate flank steak and pork loin with pepper and salt. Cook separately to your liking. Cut meats in slices or small cubes and set aside.

- 3 In a hot pan, add 4 tablespoons of oil and sauté onion for 2 minutes. Add peppers and tomatoes. Season with salt and pepper to taste.
- 4 Add all 3 meats and mix with tomatoes and peppers.
- 5 In a hot pan, add a tablespoon of oil and heat refried beans.
- 6 Spread beans on each sope and add a tablespoon of the 3 meats dish.
- 7 Serve with lettuce, cream, and slices of avocado.



Makes 10 Sopas

Fish Empanadas



INGREDIENTS:

- 1 pound of corn masa made with MASECA® Yellow corn masa flour
- 4 tablespoons of olive oil
- ½ cup of onion, minced
- 1 garlic clove, minced
- 3 Roma tomatoes, diced
- 1 pound of white fish
- ½ teaspoon oregano
- 1 pinch cumin
- ½ cup of olives, minced
- ½ cup of oil
- 4 limes, cut in wedges
- Salt and pepper to taste

PREPARATION:

- 1 Heat oil in a pan and sauté onion and garlic. Add tomatoes and fish and cook until the fish can be shredded.
- 2 Add oregano, cumin, and olives. Season with salt and pepper to taste. Set aside to cool down.
- 3 Knead the corn masa with a little bit of water if it looks dried.
- 4 Divide the masa in 12 masa balls. Place each masa ball in a tortilla press between two sheets of plastic and press to form a very thin tortilla.
- 5 Fill each one of the thin tortillas with some of the fish. Fold the tortilla and press around the edges to close and form the empanada.
- 6 In a pan, heat some oil and fry all the empanadas until golden brown. Place them on a paper napkin to absorb excess oil.
- 7 Serve with salsa and lime wedges.



Makes 12 Pescadillas



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