

SOPES

1 1/2 cup masa harina (in the baking isle)
2 tbsp all-purpose flour
1/2 tsp salt
1/2 cup water
1 egg, beaten
1/4 cup shortening, melted (I used butter)

1. For dough, combine masa harina, flour and salt. Stir in water and egg. Add melted shortening; mix well. Gently knead until it is moist but holds its shape. Cover and chill for one hour.

2. Divide the dough into 24 portions. Roll one portion into a ball. On a well-floured surface, flatten into a 2-3-inch round. Form a shell by pinching up the edges. Repeat with the other portions. (OR: divide dough into 12 portions and make BIGGER ones!!!)

3. Pour about 1/2 inch of oil into a saucepan. Heat on medium heat to about 365 degrees (I just dropped a little crumb into the oil to make sure it was hot enough...) Fry one or two at a time first upside-down, 30-60 seconds until crisp, then flip over to fry another 30 seconds or so.

Drain upside-down on a paper towel.

Filling:

3 breasts chicken, cooked and shredded
1 can beans, black or pinto
1/2 can green chiles
cheese (ideally, Queso Fresco)
avocado, sliced
tomato
lettuce
salsa
sour cream

Mix chicken and beans, and green chiles and spoon into sopes. Top with other ingredients. Done!



Recipe Courtesy of Jennifer Raper, www.KitchenPsycho.com