



Schöppinger Forum
der Kunstvermittlung



Gefördert vom Ministerium
für Familie, Kinder, Jugend,
Kultur und Sport des Landes
Nordrhein-Westfalen



KUNSTSTIFTUNG · NRW

LWL

Für die Menschen.
Für Westfalen-Lippe.

LVR

Qualität für Menschen

WEST MÜNSTERLAND
KREIS BORKEN
*Grenzenlose
Möglichkeiten*



Gemeinde
Schöppingen



Stiftung
Künstlerdorf
Schöppingen



Sparkasse
Westmünsterland

Art Project & Rezeptbuch

Frida Cano

In collaboration with Wendy Cano Domínguez
Universidad del País Vasco/Euskal Herriko Unibertsitatea (UPV/EHU)

2012

Other collaborators & Acknowledgements:

Monika Koncz, translator Spanish/German
Mick Lorusso, copyeditor English
Stiftung Künstlerdorf Schöppingen
Joseph Spiegel, Sigrun Brunsiek, Heinz Kock and Manuela Lindenbaum

Table of Contents

| | |
|--|-------|
| Vitamina T: The Art Project, by Frida Cano..... | 5 |
| “Yes, We Love Tortillas!”-The Sociocultural Importance of Maize and the Introduction of the Transgenic Maize in Mexico, by Wendy Cano..... | 7 |
| Preparation of the basic components: | |
| Masa de maíz..... | 12-13 |
| Frijoles refritos..... | 14-15 |
| Salsa roja..... | 16-17 |
| Guacamole..... | 18-19 |
| Recipes: | |
| Sopecitos..... | 20-21 |
| Negritas..... | 22-23 |
| Totopos..... | 24-35 |
| Quesadillitas..... | 26-27 |
| Sopita de Tortilla..... | 28-29 |
| Tostadas..... | 30-31 |
| Enchiladitas Rojas..... | 32-33 |
| Gorditas..... | 34-35 |
| Tacos dorados de Pollo..... | 36-37 |
| Fajitas..... | 38-39 |
| Té Rico..... | 40-41 |

VITAMINA T: THE ART PROJECT

FRIDA CANO

There is a special vitamin that cannot be found in pharmacies, and perhaps, that could be the reason why doctors do not prescribe it. Vitamin T can only be found in maize-based products, as in tortillas, tamales, atole, tostadas, and many more, all of them containing a “T” in its name (even if the name must be referred to as “petit”, which in Spanish is translated as “ito” as in “sopecito”). What’s interesting about this particular vitamin is not the letter but rather the effect that produces in the people who eats it. *Vitamina T* produces happiness, enjoyment, and pleasure in eaters because it carries a long history that makes good feelings arise.

Maize, as we know it today, is the result of years of experimentation from Pre-Hispanic farmers in Mesoamerica. The different varieties of maize –as the crop, the dough, the drinks, and so on— show how important this item was and still is for the so-called “Maize-based cultures”, especially in Mexico. Pre-Hispanics believed that the human being was made out of maize, a perfect being capable of reproduction and belief; due to the many colors of maize, different races of mankind arose as well¹. These societies also developed their own traditions, one of them, the unique role of women in relation to the maize. While man sowed the ground, woman cultivated the crops and transformed them into food, feeding the family through the body and soul. For more than three millenniums, women from Mexico had prepared maize-based food nourishing their families with vitamin T. However, the recent introduction of Genetically Modified Organisms –along with other factors— has changed the dynamics in Mexico regarding maize consumption.

The art project *Vitamina T* evokes the described circumstances and aims to generate happiness by bringing maize-based food to the table in a society that lacks it. The community of Schöppingen, in the State of North Rhine-Westphalia, Germany, is able to taste this vitamin in a catering event held at the Künstlerdorf, encouraging eaters to get in touch with an important aspect of the Mexican culture. The catering event distills some emblematic recipes out of the full range of more than seven hundred maize-based

recipes using what one can find in Schöppingen’s grocery stores. This book presents some of the dishes from the *Vitamina T* catering event, ordered by appetizers, soup, entrées, and drinks; the book also contains the instructions for preparing the four basic elements for this kind of food: the maize dough, the refried beans, the salsa, and the guacamole, all of which make various and delightful combinations possible. Collaboration with Ph.D. candidate Wendy Cano, who is providing a strong basis in science, philosophy and culinary knowledge, and with writer Monika Koncz for the German translation, addresses the role of women as a main component of the project.

Vitamina T also tackles the issue of transgenic maize, but in an artistic way. Special corn-coins will be used to “purchase” maize-based food during the catering event. These coins are made with transgenic maize that was not processed by the traditional Pre-Hispanic treatment for making dough, a type of maize that can be hazardous for human consumption. Participants at the catering event exchange gratifying anecdotes for these corn-coins, and the latter is traded to “buy” food. The circulation of these coins deals with ideas of consumption and wealth, and presents alternative readings in which eating is fulfilling and emotions are the currency to generate happiness.

The art project *Vitamina T* tries to bring an element that assures prosperity for the body and soul. It is a play of words that recalls a whole culture, years of traditions, and a current discussion of a way of life in terms of economic profit. Despite the fact that this vitamin does not exist in books and is not present in physicians’ vocabulary, it becomes real when traditions are evoked, people eat maize-based food, and happiness arises.

Guten Appetit!
(No utensils needed!!!)

¹ *El Popol Vuh*, Biblioteca del Estudiante Universitario, México, UNAM, 1941.

**“YES, WE LOVE TORTILLAS!”
- THE SOCIOCULTURAL IMPORTANCE OF MAIZE AND
THE INTRODUCTION OF THE TRANSGENIC MAIZE IN MEXICO**

WENDY CANO*

In Mexico maize is not only the main staple food, it has cultural, social, economic and spiritual significance. Mexico is a centre of origin and diversity of maize and different crops such as tomato, beans, squash, chilli pepper, papaya, cotton, guayaba, agave, cacao, avocado, and amaranth. These species are traditionally grown in the typical “milpa cropping system”, a cultivated field that involved the association of the inter-cropping of maize, tree species and several tolerated herbal species known as quelites.

The origin of the maize cannot be explained without the intervention of the human being, and neither the existence nor the development of the Mesoamerican culture without the presence of the maize. The maize diversity in Mexico results from the complex interaction between biological and sociocultural factors. The peasant agricultural practices have contributed to maintain the maize diversity due to selection and seed interchanges between peasants.

The trade of seeds is a very common practice among indigenous families and communities as well as the saving of seed from one season to the next. These practices that have been used since the domestication of the maize about 9,000 years ago, ensure the diversity of races of maize over time, but also ensure the diversification of cultural ways of living. The indigenous knowledge about the environment allow traditional farmers to preserve their culture and natural resources using a set of practices that cause minimal land degradation.

In traditional agriculture, indigenous farmers plant landraces and also improve varieties of plants through their knowledge, preferences and practices. These farmers know about soils, water, and climates from generation to generation, through oral tradition and empirical experience from everyday practice. They have also generated strategies to ensure self- sufficiency and beneficial synergisms that allow them to optimize their crops, pest control, soil fertility and productivity in an ecological and sustainable way. The current races of maize in Mexico reflect the diversity of indigenous groups with different needs, values and interests in a specific trait. Each choice and selection practice results in a new type of maize. They value these different traits because most indigenous farmers consume what they produce. Their choices and decisions are determined by different factors such as agronomic

performance and the quality-color of the food products. The value for them is not economic at all because traditional agriculture is a practice of subsistence characterized by the use of very basic tools and the exclusion from the benefits of the economic system.

In general, there are many specific uses of maize plant, but all parts of the maize are used for cooking, building, curing, decorating, etc. One of the most important characteristics of the use of maize as food is the nixtamalization process. A practice that has been used for 3500 years and which dissolves the corn’s skin. To prepare the nixtamal women cook the corn with calcium hydroxide (slaked lime) and then wash it to remove the excess alkali and the pericarp (hard skin) of the maize. The nixtamal can be used to make the masa, the dough from the corn, and prepare the tortillas, tamales, tlacoyos, tacos, tlayudas, etc. The nixtamalization process gives the corn extra vitamins (niacin) and minerals (calcium) that are fundamental in the Mexican diet. Also the nixtamalization process deactivates aflatoxins (fungi) that are toxic for human and animal consumption.

The nixtamal that is used to make the masa for the tortillas is prepared everyday in some rural communities in Mexico. In those communities the use of traditional Mesoamerican tools to prepare the masa and tortillas is very common. The metate and mano is a stone table and rolling pin that women put in the floor and use to grind the corn. Then with the masa they make the tortillas by hand and cook them in the comal, a big cast or iron pan used as stove to prepare the food. It is a tradition within indigenous families to join together around the comal during the meal and talk about their daily activities. Depending on the region, the occasion and the preference of the family the masa for the tortillas can have different colors and texture. For example, the blue tortillas are made with blue corn and are thicker than the white ones, or the pink tortillas that are prepared in some indigenous communities to celebrate an engagement. During Día de Muertos (Day of the Dead) people prepared altars for the dead and offer them tortillas of many sizes and colors, like black tortillas or the huge and orange tlayudas. The white tortillas are the most widely consumed in the country and are sold in the tortillerias, the stores that make fresh tortillas everyday. As Mexicans we know that the tortilla is our plate, we put food on it, it is also our spoon, we eat our food with it -you do not need an extra tool beside your hands-, and of course the tortilla is also our napkin, it protects our hands of any possible spot of food.

Mexico has around 65 varieties of maize and its wild species the teocintles that represent the main agricultural commodity in terms of production, value, and crop area in the country. The 69% of all maize grown in Mexico is used for human consumption and it represents the main source of energy and nutrients. Despite the great consumption of maize in Mexico there still is an absence of mechanism and incentives to cultivate local maize

landraces and to remove the economic and agronomic obstacles that have repercussions in the costs of production. The result is a total marginalization of peasants that do not receive credits and cannot sell their crops, having the lowest production at the highest costs. Moreover, since 1994 with the international commercial commitments provided in the North American Free Trade Agreement (NAFTA), Mexico imports 20 million tons of maize per year, most of it Genetically Modified maize from the USA.

The introduction and commercialization of Genetically Modified Organisms (GMO's) worldwide has generated controversies and polemic discussions about its benefits and risks. In 1998, the Mexican Secretariat of Agriculture imposed a de facto moratorium on the experimental cultivation of GM maize. However, in 2001 in some localities of Oaxaca and Puebla were found introgression of transgenic maize in peasant crops. Mexican legal frameworks of biotechnology and regulations have not been in a position to minimize the potential effects that GMO's can cause to human, animal, plant health, and biodiversity. Since 2005 with the implementation of the Mexican Biosafety Law there had been many complains that point out the lack of studies and evidence about the possible economic, social and cultural consequences that GM crops could have in Mexico.

The introduction of transgenic² crops could represent a socio-cultural and biological change that have to be evaluated first. In addition, there is no evidence that GM crops could answer the different needs for the wide range of Mexican producers rather than conventional crops. On the other hand, agrobiotechnological crops have a very different management on field and special requirements that differ from traditional agricultural practices where peasants permanently experiment, exchange seeds, and have designated many uses for the different landraces³, mainly in maize crops.

The cultural, nutritional, historical, environmental, symbolic, religious, social, and economical importance of maize make quite difficult and complex to evaluate possible risks, benefits or even the management during the production and commercialization of GM maize. Although the "Mexican Law for Biosafety of Genetically Modified Organisms" considers a special protection for native maize, implementing the latter will be defeated by native practices of managing maize. Mainly because Mexican farmers grow their own maize seed and interchange it with neighbors or go to distant places in search of new materials to take back home and allow it to cross-pollinate with own maize materials by mixing seeds. Currently only

¹ All transgenics are GMO's but not all GMO's are transgenics; transgenics are organisms that have inserted DNA from a different species.

² Anderson and Cutler (1942) used the term landrace to describe the "related individuals with enough characteristics in common to permit their recognition as a group".

experimental trials of GM maize have been approved in Mexico, however there are some questions to be answered in case commercial production of transgenic maize might start, for example: How will Mexico manage the commercialization of transgenic maize together with meeting its responsibility of safeguarding the characteristics of the genetic diversity of maize? How will intellectual property issues interact with the biological, social, and economic reality of Mexican farmers that have maintained and keep generating new variability in maize landraces? What will be the legal position of peasant that exchange (knowingly or not) seeds that contain transgenes? Will the introduction of GM technology be an effective mechanism that stimulates to cultivate maize landraces in a certified manner based on foreign models? What modifications on the cultural ways of living will have the introduction of transgenic maize? Which are the Mexican biotechnological institutions working on GM maize and do they provide farmers with adequate elements to help achieve a level of food security while conserving genetic diversity?

Much debate, most of it scientifically based, has taken place about these questions and in general the risk and benefits of GM crops. Nevertheless, there are conceptual and methodological deficiencies of contemporary science that permeate the debate of transgenics and hinder the analysis from a different perspective that withdraws the reductionism that promotes the Cartesian vision of science. The flavors, feelings, traditions, histories and colors behind maize are almost forbidden for science. But an artist has the sensibility to show that maize is more than a seed, it is a way of living. Maize is present in everyday lives of Mexicans⁴, it is part of our history and a way to defend it is by showing worldwide how we eat, prepare, and share maize with our friends and family. Just try our delightful food and you will probably agree with us and also say "we love tortillas!!!"



Grandma eating a taco, photo by Miguel R. Morales-Garza, 2011

***Wendy Cano is a doctoral student in the Department of Philosophy of Science at the University of the Basque Country (UPV/EHU), Spain.**

⁴ In fact, the recipes are inherited from generations to generations as well as the love of eating tacos.

Masa de Maíz*

Ingredientes

- Masa de maíz nixtamalizado (si el paquete no dice que la masa fue “nixtamalizado” ¡no la use!)
- Agua tibia
- Sal

| Tabla de Rendimiento | | | |
|----------------------|-------------|-------------|--------------|
| | 4 Tortillas | 8 Tortillas | 16 tortillas |
| MASECA | 1/2 Taza | 1 Taza | 2 Tazas |
| Agua tibia | 1/3 Taza | 2/3 Taza | 1 1/4 Taza |
| Sal | 1 Pizca | 1/8cdta. | 1/4 cdta. |

Instrucciones para la Masa:

1. Mezcle 2 tazas de MASECA con 1 1/4 tazas de agua tibia y 1/4 de cucharadita de sal durante 2 minutos hasta formar una masa suave. Si la masa se siente seca, agregue cucharaditas de agua (una por una).

Instrucciones para las tortillas:

1. Divida la masa en 16 porciones iguales y forme bolitas. Tápelas con una servilleta de tela húmeda para mantenerlas suaves.
2. Aplane cada bolita entre 2 hojas de plástico grueso en una prensa para tortillas hasta que la tortilla mida 15 cm de diámetro.
3. Caliente un comal o sartén a fuego medio alto. Retire el plástico de la tortilla con cuidado. Cocine cada tortilla por un minuto por cada lado, es decir, un minuto un lado, después voltear y cocinar otro minuto, y una última vez por el primer lado un minuto hasta que se levante una capa delgada y se infle un poco. Tape las tortillas con una servilleta de tela para mantenerlas suaves y calientitas.



*Tomado de las instrucciones de harina MASECA

Maisteig*

Zutaten

- Maismehl nixtamalizada (Achten sie darauf, dass das Mehl mit Calciumhydroxid (Löschkalk) verarbeitet wurde. Mehl das laut Packungsanleitung nicht auf diese Art verarbeitet wurde, eignet sich nicht zur Herstellung von Tortillas!)
- Warmes Wasser
- Salz

| Mengentabelle | | | |
|---------------|-------------|---------------|----------------|
| | 4 Tortillas | 8 Tortillas | 16 Tortillas |
| MASECA Mehl | 1/2 Tasse | 1 Tasse | 2 Tasse |
| Warmes Wasser | 1/3 Tasse | 2/3 Tasse | 1 1/4 Tasse |
| Salz | 1 Prise | 1/8 Teelöffel | 1/4 Teelöffel. |

Zubereitung Maisteig:

1. 2 Tassen Mehl mit 1 1/4 Tasse warmen Wasser und 1/4 Teelöffel Salz mischen und zwei Minuten lang kneten bis der Teig weich ist. Ist der Teig zu trocken, ein paar Teelöffel Wasser hinzufügen.

Zubereitung für die Tortillas:

1. Den Teig in 16 gleichgroße Teile teilen und zu kleinen Bällchen formen. Die Bällchen mit einem feuchten Küchentuch bedecken und gehen lassen.
2. Die Bällchen in Folie gewickelt in einer Tortillapresse pressen, oder mit einem Küchenbrett auf dem Tisch, bis jedes einen Umfang von ca. 15 cm hat.
3. Ein Blech oder eine Pfanne erhitzen. Die Folie vorsichtig von den Tortillas entfernen und die Tortilla 1 Minute lang auf jeder Seite anbraten und dann nochmal 1 Minute auf der ersten Seite. Die gebackenen Tortillas wieder mit einem feuchten Küchentuch bedecken, um sie warm und weich zu halten.

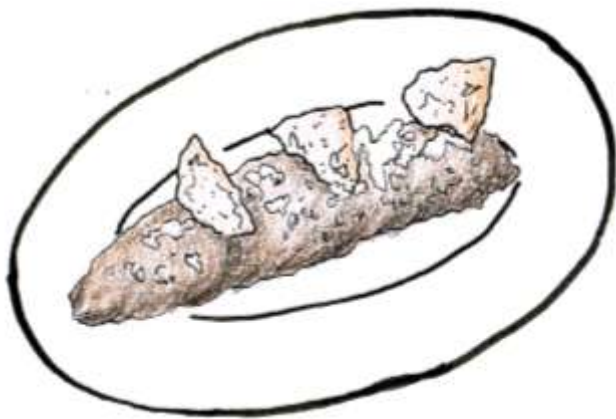
*Zubereitungsanleitung entnommen MASECA Mehl

Frijoles Refritos

Ingredientes:

- 500 gr de frijoles en lata
- Aceite de maíz o girasol
- 1/8 de Cebolla cortada en cuadritos
- Sal

Ponga un chorrito de aceite en un sartén. Una vez caliente el aceite, agregue la cebolla y mueva constantemente. Antes de que esta comience a quemarse, agregue los frijoles en lata y siga moviendo. Cuando el jugo de los frijoles se haya consumido y estos estén hirviendo, aplaste con una pala plana todos los frijoles hasta que se forme una masa suave y homogénea.

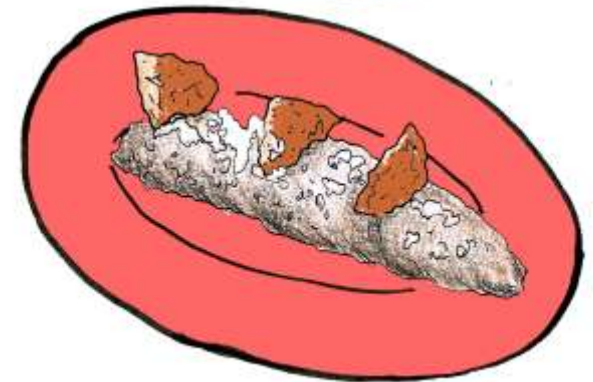


Gebackene Bohnen

Zutaten:

- 500 gr Kidney-Bohnen aus der Dose
- Sonnenblumenöl
- 1/8 gewürfelte Zwiebel
- Salz

Etwas Sonnenblumenöl in eine Pfanne geben. Die Zwiebel im heißen Öl dünsten. Sobald die Zwiebeln schön glasig sind die Bohnen hinzu fügen. Die Bohnen, wenn sie köcheln, zu einem weichen Brei stampfen und ein wenig Salz hinzugeben.

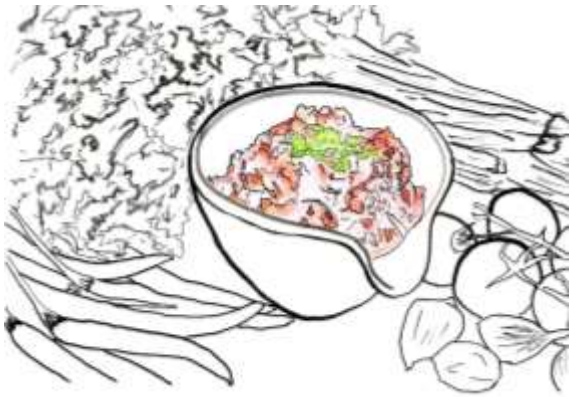


Salsa Roja

Ingredientes:

- 3 jitomates maduros
- 500 ml de agua
- 1 diente de ajo
- 1 Chile rojo o verde (chile serrano)
- 1/8 de cebolla
- Sal al gusto
- Cilantro al gusto

Ponga a hervir los tomates, el diente de ajo, el chile, la cebolla y sal. Cuando hayan hervido, licúe todo. Se pone un poquito de cilantro encima y se sirve en un plato hondo con una cuchara para servirse al gusto durante las comidas.

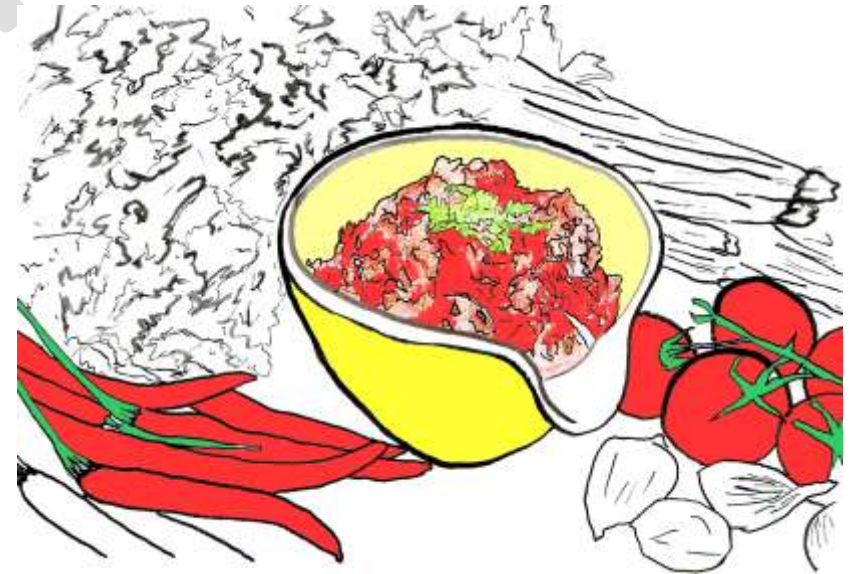


Rote Salsa

Zutaten:

- 3 Roma Tomaten
- 500 ml Wasser
- 1 Knoblauchzehe
- 1 rote oder grüne Chillischote
- 1/8 gewürfelte Zwiebel
- Salz nach Geschmack
- Koriander nach Geschmack

Die Tomaten, den Knoblauch, die ganze Chillischote ohne Stengel, die Zwiebel und Salz in einem Topf erhitzen. Alles mit einem Rührstab verquirlen. Zur Verfeinerung kann man etwas Koriander auf die fertige Sauce geben. Die Salsasauce auf einem Teller als Gerichtbeilage servieren.

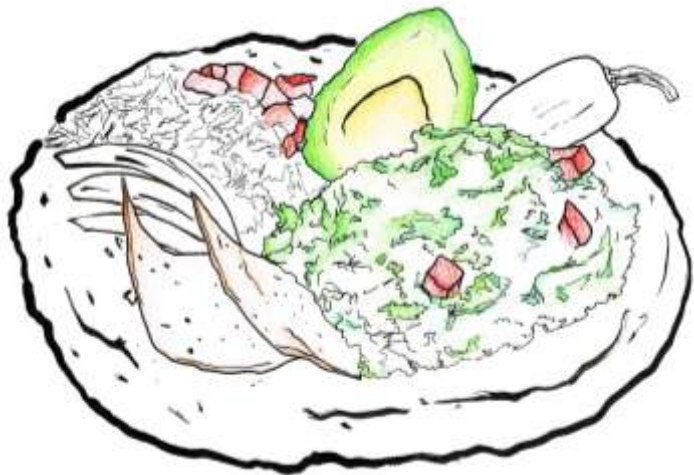


Guacamole

Ingredientes

- 1 aguacate maduro
- 1 jitomate partido en cuadritos
- 1 chile verde (chile serrano)
- Aceite de oliva
- 1/8 de cebolla partida en cuadritos
- Sal al gusto
- 1/8 de Limón
- Cilantro al gusto

Abra el aguacate y en un recipiente hondo aplaste todo hasta formar una pasta. Agregue el jitomate, el chile, y la cebolla; siga batiendo. Agregue un chorrito de aceite de oliva, algunas gotitas de limón, cilantro y sal. Sirva en un plato hondo para acompañar durante las comidas.

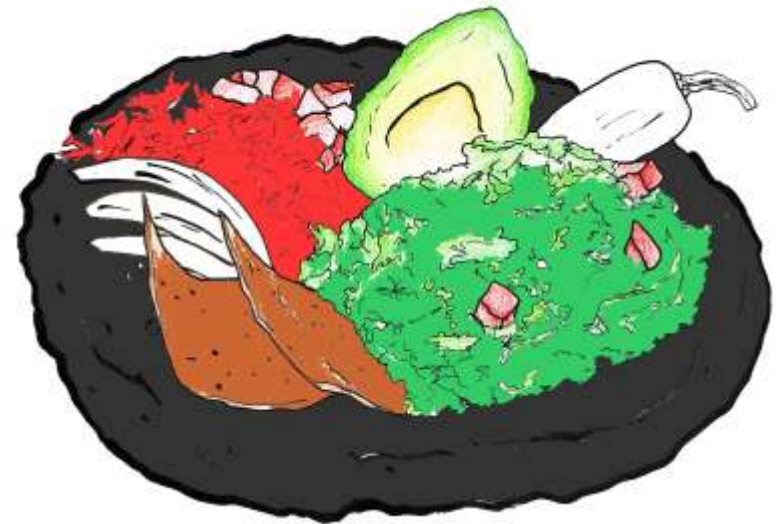


Guacamole

Zutaten:

- 1 Avocado
- 1 gewürfelte Tomate
- 1 grüne Chillischote
- Olivenöl
- 1/8 gewürfelte Zwiebel
- Salz nach Bedarf
- 1/8 Zitrone
- Koriander nach Bedarf

Die Avocado ausnehmen und in einer kleinen Schüssel zu Muß verreiben. Tomate und Zwiebeln unterrühren. Ein bisschen Olivenöl, ein paar Tropfen Zitronensaft, Salz und nach Bedarf etwas Koriander hinzufügen. Die Guacamole in einer Schüssel als Beilage servieren.

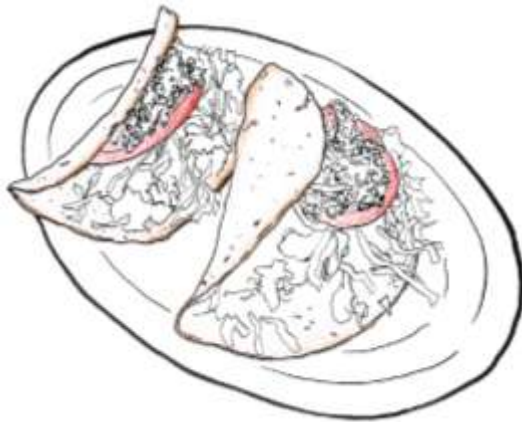


Quesadilliras

Ingredientes:

- 5 tortillas
- Aceite de maíz o de girasol
- Comal o sartén
- Queso que se pueda derretir o cualquier otro guisado de su preferencia
- Salsa roja
- 1/4 de Lechuga picada
- 5 rodajas de jitomate

Caliente una tortilla en el comal hasta que este suavcita. Ponga queso o cualquier otro guisado y doble la tortilla. Siga calentando hasta que el interior quede también calentito. Para quesadillas fritas, se pone aceite en un sartén y se fríen ambos lados por aproximadamente 2 minutos. Se sirve con lechuga, jitomate y salsa al gusto.

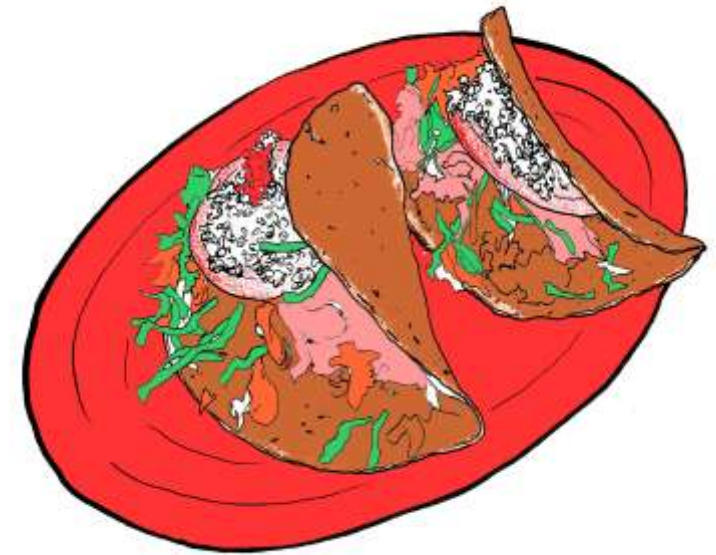


Quesadilliras

Zutaten:

- 5 Tortillas
- Sonnenblumenöl
- Blech oder Pfanne
- Gratinkäse und andere Zutaten nach Geschmack (z.B. gekochte Kartoffeln, Salat, Schinken, Tomaten, Gurken)
- Rote Salsa
- 1/4 Kopfsalat in Streifen geschnitten
- 5 Tomatenscheiben

Die Tortilla auf dem Blech oder in einer Pfanne erhitzen, bis sie weich und biegsam sind. Die Tortilla mit Käse und/ oder anderen Zutaten belegen und in der Mitte zusammenklappen und erwärmen bis der Käse geschmolzen ist. Für frittierte Quesadillas, Öl in einer Pfanne geben und beidseitig anbraten. Die Quesadillas mit Salatstreifen, Tomatenscheiben und Salsasauce servieren.

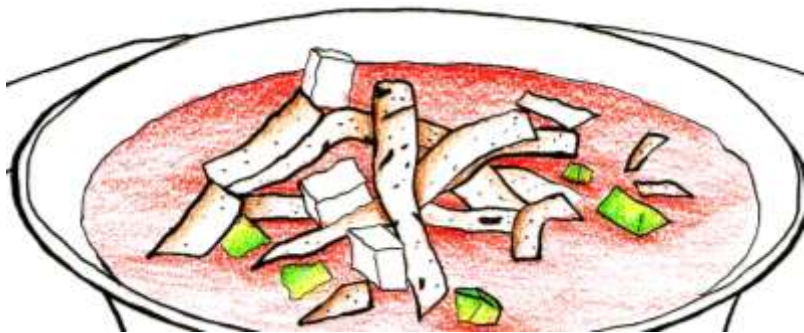


Sopita de tortilla

Ingredientes:

- 10 tortillas
- Aceite de maíz o de girasol
- 4 jitomates
- 1 diente de ajo
- 1/4 de cebolla
- Sal al gusto
- Epazote (1 rama o 10gr)
- 50 gr de Queso que se derrita
- 1/2 Aguacate en cuadritos

Cuando las tortillas estén frías, con unas tijeras se cortan tiritas de aproximadamente 1cms de espesor. Se ponen a freír en un sartén con aceite. El tiempo de freír cada tirita es de aproximadamente 2 minutos, se debe cuidar de que no se quemen. Se pone a hervir los jitomates, el diente de ajo y la cebolla. Cuando los jitomates cambien de color (un color más pálido), se licuan los ingredientes junto con 200ml de agua. En un sartén, se pone un chorrito de aceite y se pone a fuego alto; cuando el aceite esté caliente, se vierte esta "salsa" para que se cosa. Se agrega sal. Cuando el rojo de la salsa se vuelva más intenso (aproximadamente 7-10 minutos), se agrega más agua (800 ml). Se deja hervir. Se agrega el epazote y se deja hervir otros 5 minutos a fuego alto. Se sirve en un plato hondo, y en otro platito se ponen las tortillitas en tira. Se va agregando las tortillas poco a poco según se coma para que las tortillas no se aguaden mucho y se conserve lo crocante de las tortillas. Se agregan los cuadritos de aguacate y el queso encima de la sopa para que el calor de la misma lo derrita.



Sopita de tortilla

Zutaten:

- 10 Tortillas
- Sonnenblumenöl
- 4 Roma Tomaten
- eine Knoblauchzehe
- 1/4 gewürfelte Zwiebel
- Salz nach Bedarf
- Jesuitenteepflanze (mexikanisches Taubenkraut, oder auch Bohnenkraut)
- 50 gr Gratinkäse
- 1/2 gewürfelte Avocado

Die ausgekühlten Tortillas in 1 cm dicke Streifen schneiden und in siedendes Öl geben. Jeder Tortillastreifen braucht ca. 2 Minuten bis er gar ist. Die Streifen zum abtropfen auf eine Serviette legen. Die Tomaten, den Knoblauch und die Zwiebeln in einen Topf geben und zum köcheln bringen. Sind die Tomaten ausgebleicht alles mit einem Rührstab verquirlen und 200 ml Wasser hinzugeben. Etwas Öl in einen zweiten Topf geben, erhitzen die verrührte Masse und Salz hinzugeben. Nach ca. 10 Minuten 800 ml Wasser hinzugeben und alles aufkochen. Nun das Bohnenkraut hinzugeben und die Suppe nochmals 5 Minuten köcheln lassen. Die Suppe in einer kleinen Schüssel zusammen mit den frittierten Tortillas, in einer zweiten Schüssel servieren. Erst im Teller die knusprigen Tortillas auf die Suppe geben, damit sie nicht aufweichen. Nach Bedarf die Avocado und den Käse in die Suppe geben, der darin zerschmelzen wird.



Enchiladitas rojas

Ingredientes:

- 8 Tortillas
- Aceite de maíz o de girasol
- 1 Lt de Salsa
- 300 gr de Queso que se derrita
- 1 Pechuga de Pollo hervido y deshebrado
- 1/4 de Cebolla finamente picada
- 1/4 de Lechuga finamente picada
- Sal

Se fríen las tortillas en aceite caliente. Se ponen sobre una servilleta para que se absorba el exceso de aceite. En otro sartén, se pone un chorrito de aceite y, una vez caliente, se agrega la salsa para que se fría. Cuando la salsa esté hirviendo, se mete la tortilla frita y se espera hasta que ésta se pueda doblar. En un plato extendido, se sirve la tortilla y se pone el pollito deshebrado. Se dobla la tortilla como si fuera una quesadilla. En un plato, se pueden servir la cantidad de enchiladas que se desea (3 o 4, etcétera). Se sirve una junto a la otra. Cuando todas tengan pollo adentro y estén acomodadas en el plato, se le agrega un poco de caldo de la salsa para evitar que se sequen al momento de comerlas. Se pone pedacitos de queso encima, cebolla y lechuga.



Enchiladitas rojas

Zutaten:

- 8 Tortillas
- Sonnenblumenöl
- 1 Lt rote Salsa
- 300 gr Gratinkäse
- 1 Hähnchenbrust in Streifen geschnitten und gekocht
- 1/4 gewürfelte Zwiebel
- 1/4 Kopfsalat in Streifen geschnitten
- Salz

Die Tortillas 3 Minuten in heißem Fett frittieren und zum Trocknen auf eine Serviette legen. Öl in eine zweite Pfanne erhitzen und die Salsa und Salz hineingeben. Sobald die Salsa köchelt die frittierten Tortilla in die Sauce geben und warten bis sie weich genug sind, um gefaltet zu werden. Die Tortilla auf einen flachen Teller legen und die gekochten Hühnchenbruststreifen darauflegen. Die Tortilla in der Mitte falten, wie eine Quesadilla. Drei oder vier Enchiladas nebeneinander liegend auf einem Teller servieren. Sind die Enschiladas schön auf einem Teller arrangiert Salsasauce darübergeben, damit sie nicht austrocknen. Zum Schluss mit Käse, Zwiebeln und Salatstreifen garnieren.

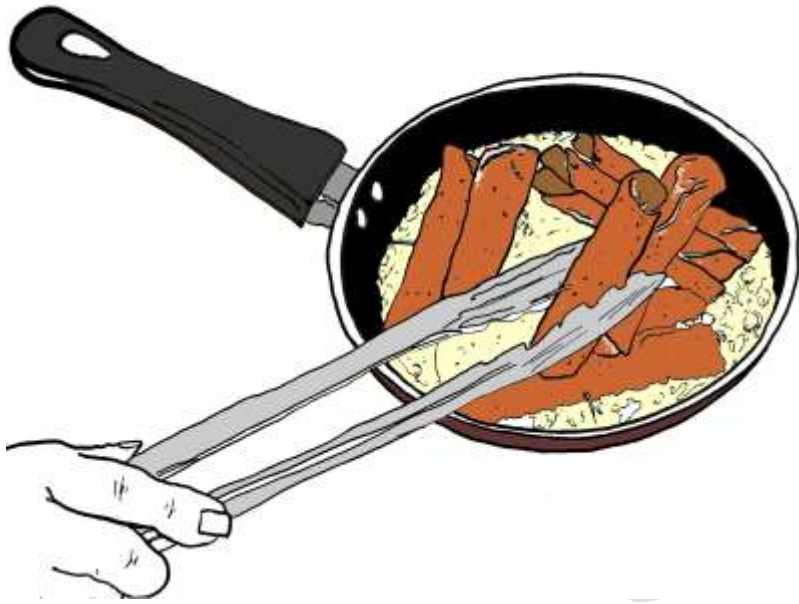


Tacos dorados de polliro

Ingredientes:

- 8 Tortillas calentitas y recién hechas
- Aceite de maíz o de girasol
- Salsa roja
- Guacamole
- 350 gr de Queso que se derrita
- 1 pechuga de Pollo hervido y deshebrado
- 1/4 de Lechuga finamente picada
- 8 Palillos

Se calientan tortillas una por una para que estén calentitas y se puedan doblar sin romperse. Se pone pollo deshebrado a lo largo de una tortilla. La tortilla se debe enrollar –con el pollo adentro– sin que se rompa o parta. Se inserta un palillo en diagonal al taco para evitar que se desenrolle. Se pone a freír cuidando que todos los lados del taco queden bien fritos. Se sirve en un plato, 3 o 4, se agrega salsa, se pone pedacitos de queso, guacamole, lechuga y se agrega mas salsa.

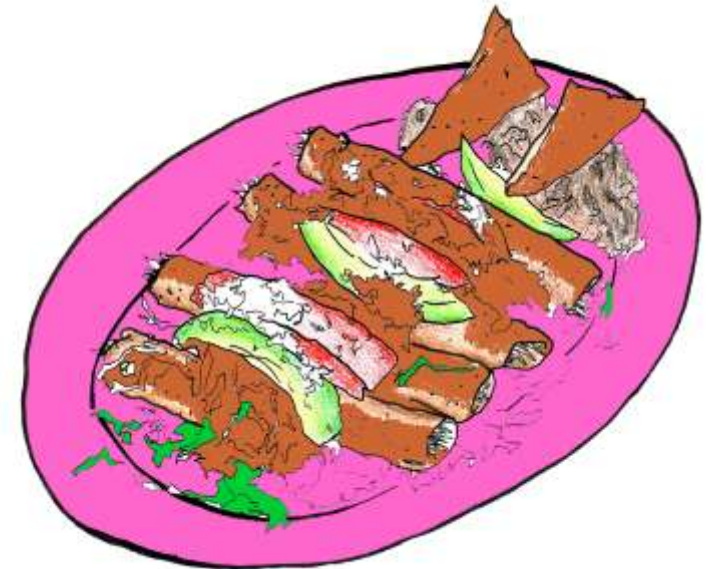


Frittierte Hühnertacos

Zutaten:

- 8 frischgemachte, warme Tortillas
- Sonnenblumenöl
- rote Salsa
- Guacamole
- 350 gr Gratinkäse
- 1 Hähnchenbrust in Streifen geschnitten und gekocht
- 1/4 Kopfsalat in Streifen geschnitten
- 8 Zahnstocher

Hierfür braucht man frischzubereitete warme Tortillas. Die Hühchenbruststreifen in der Mitte der Tortilla verteilen und die Tortilla vorsichtig einrollen, damit sie nicht bricht. Die entstandene Rolle mit den Zahnstochern fixieren und in heißem Öl gleichmäßig von allen Seiten frittieren. Drei oder vier Rollen (Tacos) auf einem Teller nebeneinander servieren und Salsa, Guacamole, ein wenig Käse und Salatstreifen darübergeben.



Fajitas

Ingredientes:

- 300 gr de Cuadritos de pollo, res, o cerdo
- 1 Pimiento rojo, 1 pimiento verde, 1 pimiento amarillo, todo fileteado
- 3 Chiles serranos fileteados
- 1 cebolla blanca fileteada
- (Salsa de soya)
- 10 Tortillas
- Sal
- Limón
- Salsa roja
- Aceite de maíz o de girasol

En un sartén con poco aceite, se pone a cocer la carne, se puede agregar un poco de salsa de soya para darle sabor. Cuando se haya cocido, se agrega la cebolla fileteada. Cuando la cebolla se haya cocido un poco, se agregan los pimientos. Cuando estos estén un poco cocidos, se agrega el chile. Se cose todo a fuego alto. Se calientan las tortillas, una por una y se ponen en un tortillero. El comensal debe hacerse sus propios tacos suaves, agregando la cantidad deseada de fajitas. Se puede poner limón, sal y salsa para acrecentar el sabor.

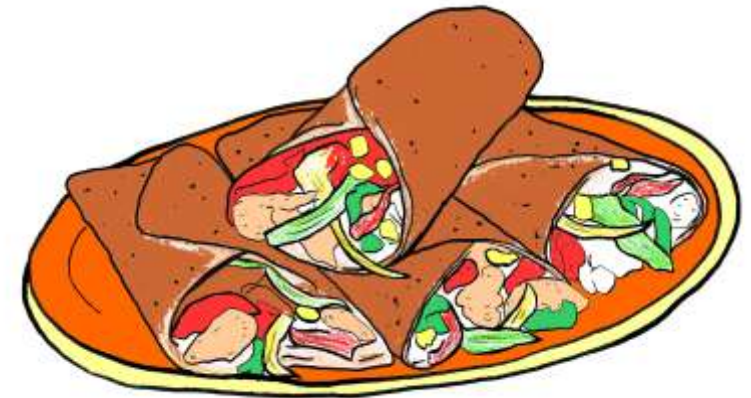


Fajitas

Zutaten:

- 300 gr Hähnchen, Rindfleisch oder Schwein in Streifen geschnitten
- 3 Paprika (rot, gelb, grün) in Streifen geschnitten
- 3 grüne Chillischoten in Streifen geschnitten
- 1 Zwiebel in Ringe geschnitten
- (Soja Sauce wenn gewünscht)
- 10 Tortillas
- Salz
- Zitrone
- rote Salsa
- Sonnenblumenöl

Ein wenig Öl in einer Pfanne erhitzen und das rohe Fleisch darin anbraten. Falls gewünscht Sojasauce hinzugeben. Sobald das Fleisch gar ist die Zwiebeln dazugeben. Sind die Zwiebeln glasig die Paprikastreifen hinzugeben und ebenfalls anbraten. Zum Schluss die Chillischotenstreifen dazugeben und alles auf höchster Stufe 15 Minuten lang garen. Die Tortillas erhitzen und auf einem Teller servieren. Die Tacos mit der gewünschten Menge befüllen und einrollen. Je nach Geschmack Zitrone, Salz und Salsa dazugeben.



Vitamina T the book

was printed in March, 2012

By FlyerAlarm, Germany

With a circulation of 50 copies

Vitamina T is a project developed at the Stiftung Künstlerdorf Schöppingen
during the months of February and March, 2012

Original idea by Frida Cano
<http://fridacano.wordpress.com>