

Spicy Vegetable Sofrito and North-South Tortillas

Submitted by Sara Steiner

Spicy Vegetable Sofrito:

Savory vegetable spread for cheese and crackers, tortillas (recipe below), or toast and eggs.

Ingredients and Directions

- Heat over medium high heat $\frac{1}{4}$ cup olive oil and 1 tablespoon coconut oil
- Chop and add vegetables: 4 cloves garlic (or more to taste), 2 medium sized zucchinis (about 4 cups), 2 medium sized Japanese eggplants (about 4 cups), and 2 jalapenos.
- Season with 1 teaspoon salt (more or less to taste), 1 tablespoon minced fresh basil or 1 teaspoon dried
- Continue to sauté until vegetables are browned and tender.
- Cool, puree in a food processor and serve.

North-South Tortillas:

Makes 1 dozen 8-inch tortillas

Ingredients and Directions

- Mix 2 cups masa (nixtamalized corn meal) and 1 cup bread flour
- Add $\frac{1}{4}$ cup olive oil, 1 $\frac{1}{2}$ cups very hot water; dough should be moist but not too sticky
- Knead dough until smooth
- Let stand covered for 2 hours, or overnight in the fridge
- A small ice cream scoop works nicely to make 12 individual masa balls
- Flatten each ball of prepared masa between sheets of plastic sandwich bag with a rolling pin or a tortilla press
- Using a cast iron skillet, start at a medium-high heat, cook each side for 1-2 minutes

until browning starts to appear. Lower temperature as needed to prevent searing. Tortillas are ready for eating right off the griddle or wrapping prepared garden veggies.



A 30th Anniversary Recipe