

Mission: The Quesadilla

Featuring Homegrown Garlic and Preserved Garden Treasures

The Tortilla Techs

Measuring, Kneading, & Using the Press

Part 1: The Corn Tortillas

Ingredients

1 ½ cups Masa Harina (corn flour)

1 ¼ cups Warm water

½ teaspoon salt

What to do:

The Mix: In a large bowl, combine the masa harina, salt, and warm water.

Hand Power: Mix with your hands until it feels like soft playdough.

The Massage: Knead the dough for a few minutes until it is smooth.

The Divide: Use a pastry cutter to divide the dough into 12 equal pieces. Roll them into smooth balls and cover them with a damp tea towel.

The Press: Place a dough ball between two pieces of baking paper in the press and squeeze to make a flat circle.

The Sizzle: Cook in the electric frypan for 2 minutes, flip for 2 minutes, then flip again until it puffs up.

The Bundle: Stack them in a basket lined with a clean, dry tea towel to keep them soft.

The Filling Chefs - Sautéing, Spicing, & Mashing

Part 2: The Autumn Bean Filling

Ingredients

1 onion, diced + 1 tablespoon olive oil

1 clove garlic, crushed

150 grams preserved capsicum (from the jars)

1 cup corn kernels

1 cup whole black beans + 1 cup pureed black beans

1 cup garden tomato sauce (preserved)

2 teaspoons smoky paprika + 1 teaspoon ground cumin + 1 teaspoon ground coriander

1 tablespoon lime juice

1 teaspoon salt

¼ cup water

What to do:

The Sizzle: Heat the olive oil in a large pan. Sauté the onion until it looks clear.

The Aromatics: Add the 150 grams of preserved capsicum and your crushed garlic. Stir for a few minutes.

The Spice Release: Add the paprika, cumin, and coriander. Stir for 30 seconds until it smells wonderful!

The Big Mix: Stir in the black beans (whole and pureed), corn, tomato sauce, lime juice, water, and 1 teaspoon of salt.

The Heat: Stir everything until it is bubbly and hot.

The Mash: Use a masher to crush the mix together into a thick, chunky paste.

Cooling: Set the mix aside to cool slightly.

Part 3: The Assembly (All Groups Together!)

Extra Ingredients

1 cup grated cheese

4 tablespoons tomato and jalapeño sauce (into 4 small dishes, for each table)

How to Build the Quesadilla:

The Base: Lay one warm corn tortilla on your board.

The Spread: Spread a spoonful of the Bean Filling over the tortilla.

The Cheese Glue: Sprinkle a handful of grated cheese on top of the beans.

The Lid: Place a second tortilla on top and press down gently.

The Final Toast: Put the "sandwich" in the frypan for 1 minute per side until the cheese is gooey and the tortilla is golden.

Slice & Serve: Cut in half and serve with jalapeño sauce, if you dare!

Autumn Garden Note

Even though it isn't summer, we can still eat garden "sunshine" by using the capsicums and tomatoes we preserved in jars and the garlic we cured and dried!