

# Tacos for all

Originally from central Abya Yala (the name of the american continent since Pre-Columbian times in Kuna language), tacos are a very fitting solarpunk dish since the fillings and the tortilla themselves don't necessarily have to be from specific ingredients. So use this recipe more like a guide to experiment on your own using as many regional ingredients as possible.

## 1. Tortillas

**Time to prepare:** 20-30m

**Difficulty:** mid-level

**Equipment:** Frying pan, big bowl, rolling pin

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- Corn flour (suitable for tortillas), Wheat flour, Rice flour, Tapioca flour, etc. (some flours might work better than others) 150 gr
- A pinch of salt (optional)
- Spices of choice (optional)
- Mashed pumpkin or sweet potato (still warm), 100 gr (optional)
- Lukewarm water, 180-200 ml (if using mashed pumpkin or sweet potato reduce the amount of water used)

## Preparation:

1. Mix the flour of choice with the salt and then slowly add the water while you mix it with your hands. Add enough water so that there is no more dry flour around but not too much so that you can still knead the dough without it being too sticky.
2. Make small balls out of the big dough and spread them out on a surface with flour with a rolling pin as much as possible.
3. Heat your pan without oil and cook the tortillas for 20-30 seconds per side depending on the temperature.
4. Let them cool and use them the same day or store in a closed container in the fridge. Stacking them is ok.

## 2. Filling

**Time to prepare:** 1 hour to 1.5 hours

**Difficulty:** easy

**Equipment:** Pot, knife, cutting board/place, spoon

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- pre-soaked beans of your choice, or canned pre-cooked ones, 150 gr
- Spices of choice
- regional vegetables of choice, 50-100 gr
- soy meat (optional), 50 gr
- vinegar of choice, 1 tbsp
- chili, paste/powder/fresh, if you want it spicy, 2 tbsp
- Water

## Preparation:

1. Cut the vegetables into small pieces.
2. Place the pot on the stove.
3. Add the vinegar and vegetables, let them fry for a minute or two constantly moving them.
4. Add the chili (optional)
5. Add the beans, if pre-cooked with 100-150 ml of water, if pre-soaked enough water to cover them twice and let cook in slow fire/setting.
6. Add the soy meat (optional)
7. Add the spices and check the pot every now and then so it doesn't dry up. Add water if necessary.
8. Cook until beans achieve your desired consistency.

## 3. Salad

**Time to prepare:** 5-10 minutes

**Difficulty:** easy

**Equipment:** Knife, cutting board/place, spoon, small bowl

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- salad vegetables of choice, enough to fill 1 small-medium sized bowl

- spices/fresh herbs, 1/4 tsp each, 1 tsp for fresh
- dressing of choice (i.e. vinegar or lemon juice)

## Preparation:

1. Cut the vegetables into small pieces.
2. Place them in bowl, add dressing and mix.

## 4. Sauce

**Time to prepare:** 5-10 minutes

**Difficulty:** easy

**Equipment:** Knife, cutting board/place, spoon, small bowl, blender (optional)

**Adaptable:** Yes

**Vegetarian:** Yes

**Vegan:** Yes

**Dish origin:** Central Abya Yala

## Ingredients:

- fat source from a fatty fruit like avocado (mashed) or nut or seed butter of choice, 100 gr
- spices/fresh herbs of choice, 1/4 tsp each, 1 tsp for fresh
- vinegar of choice, 2 tbsp
- Miso or salt, 1 tsp
- chili fresh(optional), 1 tbsp

## Preparation:

1. If using blender place all ingredients in it and blend. If no blender is available cut the chili and fresh herbs into small pieces. Add them to the bowl
2. Add the rest of the ingredients into the bowl and mix with a fork.

Now you can place all the ingredients on the table and start building your own tortillas with the ratios you prefer. Of course you can go wild and have more than one filling, sauce or salad, these are just references to fill your tortillas and make some satisfying tacos. So now give it a shot and refine your skills with each time and come up with recipes of your own!

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Revision #2

Created 11 December 2022 12:49:46 by Mono-verde

Updated 11 December 2022 13:41:30 by Mono-verde