



GBH PROVISIONS

# Zef's Tortillas

Makes 12 small tortillas

Taken from *Heat, Char, and Tenderness*

Words + Pictures by Claire Bullen

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## INGREDIENTS

9oz (255g) masa harina

Approximately 1 ½ cups (350ml) tepid water

## STEP ONE

Place the masa in a bowl. Add the water, 1 tablespoon at a time, and mix with a butter knife as you go. Stop adding water when the dough is just smooth enough to bring together into a ball. Let it rest under a damp paper towel for 10 minutes to keep it from drying out.

## STEP TWO

When ready to make your tortillas, place a large, non-stick pan over medium-high heat. Pull off a ping-pong-ball-sized piece of dough and roll between your palms until it is a smooth sphere.

## STEP THREE

Line your taco press with a cut-open, plastic sandwich bag to prevent the dough sticking. Place the dough between the plastic layers and press firmly until evenly flattened.

## STEP FOUR

Place the tortilla directly into one open palm and gently peel the plastic away before transferring to the pan. Cook for approximately 30 seconds per side, using a spatula to flip, until the tortilla is slightly puffed up and beginning to char in spots. Transfer to a bowl or basket lined with a clean tea towel and loosely cover to keep warm. Repeat with the remaining dough.





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# Chipotle Salsa

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## INGREDIENTS

4–5 plum tomatoes

1 white onion, peeled and cut into wedges

5 cloves garlic, kept in their peels

2 chipotle chiles in adobo, plus additional sauce

1 teaspoon fine sea salt

## STEP ONE

Heat your oven's broiler (grill) setting to high. Place the whole tomatoes, onion wedges, and garlic on a foil-lined baking sheet.

## STEP TWO

Broil (grill) for approximately 15–20 minutes. Check every five minutes or so to ensure they aren't blackening excessively, and flip with a pair of tongs. When ready they should be softened and just starting to char.

## STEP THREE

Transfer the tomatoes and onion wedges to a blender. Remove the garlic from their peels and add the cloves. Add the chipotle chiles and additional adobo sauce to taste. Season with 1 teaspoon of salt.

## STEP FOUR

Blend for several minutes on high speed until uniform and mostly smooth. Taste and add more salt (or adobo) if you prefer.





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## Salsa Verde

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### INGREDIENTS

- 1 ¼ lbs (570g) tomatillos, husks removed
- 5–6 poblano peppers, stems and seeds removed and halved
- 2 jalapeño or serrano chiles, stems and seeds removed and halved
- 1 white onion, peeled and cut into wedges
- 3 garlic cloves, kept in their peels
- 1 large handful cilantro (coriander)
- Juice of 1 lime
- 1 ½ teaspoons salt

### STEP ONE

Heat your oven's broiler (grill) to high. On a foil-lined baking sheet, arrange the tomatillos, poblano pepper halves, jalapeño (or serrano) halves, white onion wedges, and garlic cloves.

### STEP TWO

Broil (grill) for 15–20 minutes. Check every five minutes or so to ensure none of the ingredients are blackening excessively, and flip with a pair of tongs. When ready the tomatillos and peppers should be softened and just starting to char.

### STEP THREE

Remove from the oven. Transfer the tomatillos and onions to a blender; remove the garlic from their peels and add. Once cool enough to handle, peel the skin off the peppers (optional) and add to the blender, along with the cilantro (coriander), lime juice, and salt.

### STEP FOUR

Blend for several minutes on high speed until uniform and mostly smooth. Taste and add more salt if you prefer.





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# Quick-Pickled Red Onions

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## INGREDIENTS

- |                                  |                                 |
|----------------------------------|---------------------------------|
| 1 large red onion                | 2 bay leaves, fresh or dried    |
| ⅓ cup (75ml) apple cider vinegar | 1 ½ teaspoons white peppercorns |
| ⅓ cup (75ml) rice vinegar        | 1 ½ teaspoons cumin seeds       |
| Scant ¼ cup (50ml) water         | 1 ½ teaspoons Mexican oregano   |
| ½ tablespoon sugar               | 2 garlic cloves, smashed        |
| ½ tablespoon fine sea salt       |                                 |

## STEP ONE

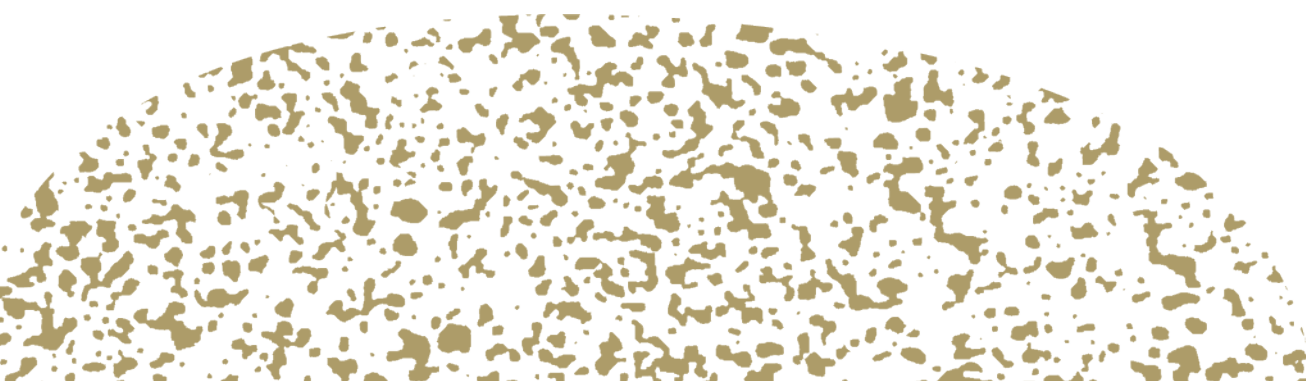
Peel and halve the red onion, and slice thinly. Set aside.

## STEP TWO

Place all the remaining ingredients in a small saucepan and bring to the boil. Meanwhile, add the onion slices to a large, sterilized glass jar with a tight-sealing lid.

## STEP THREE

As soon as the mixture is boiling, remove from the heat. Carefully pour the pickling mixture over the onions. Let sit on the counter until the jar reaches room temperature, then seal and chill for at least 2 hours, and preferably overnight, before using.





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## Elotes

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### INGREDIENTS

8 ears sweet corn, shucked

½ cup mayonnaise

½ cup sour cream

1 3.5-oz (100g) block queso fresco (or feta), crumbled

Freshly grated queso cotija (or Parmigiano Reggiano)

Ancho chile powder

8 lime wedges

### STEP ONE

Prepare your grill. Light a chimney of charcoal; once lit, set up direct and indirect zones. Cook the corn for roughly 10 minutes on indirect heat, turning frequently. Transfer to direct heat and cook for an additional 4–5 minutes, or until lightly charred all over.

### STEP TWO

While the corn is grilling, mix the mayonnaise and sour cream together in a bowl. Add in the crumbled queso fresco or feta, and stir to mix.

### STEP THREE

When the corn is done, slather the mayonnaise mixture over each ear. Sprinkle evenly with queso cotija (or Parmigiano Reggiano) and chile powder. Squeeze over a lime wedge just before eating.





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# Josh's Sweet Potato Tacos with Cashew Salsa and Quail Eggs

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## CASHEW SALSA

*(adapted from Breddos Tacos: The Cookbook)*

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### INGREDIENTS

7oz (200g) salted cashews

4 tablespoons chipotle salsa

4 tablespoons water

Juice of 1–2 limes, to taste

Fine sea salt, to taste (optional)

## TO SERVE

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### INGREDIENTS

6 quail eggs

Fine sea salt

Tortillas

Chipotle salsa

Queso fresco or feta

Pickled onions (optional)

2 limes, quartered (optional)

## SWEET POTATOES

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### INGREDIENTS

2 medium sweet potatoes

1–2 tablespoons vegetable oil, plus additional



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## JOSH'S SWEET POTATO TACOS WITH CASHEW SALSA AND QUAIL EGGS (CONTINUED)

### STEP ONE

First, roast the sweet potatoes. Preheat the oven to 395° Fahrenheit (200° Celsius). Leave the potatoes whole and unpeeled, but poke all over with a fork to help them steam. Transfer to a foil-lined baking sheet and roast for approximately 40–45 minutes, or until softened. Remove from the oven and leave until cool enough to handle.

### STEP TWO

Meanwhile, make the cashew salsa. Add the cashews to a dry frying pan and place over medium-high heat. Cook for approximately 2 minutes, until aromatic and lightly toasted. Transfer to a food processor, along with the remaining ingredients, and pulse until the salsa is rough and has the consistency of wholegrain mustard. Add more lime juice or salt if necessary. Set aside.

### STEP THREE

When the sweet potatoes are cool enough to handle, remove the skin and cut into roughly ½-inch-thick, 1-inch-long pieces. Add the vegetable oil to your saucepan and place over medium-high heat. Once hot, add the sweet potatoes. Cook for approximately 8–10 minutes, turning regularly, or until golden brown and slightly crisp on all sides. (Alternatively, if the grill is ready, cook for 3–5 minutes over indirect heat until golden-brown).

### STEP FOUR

Transfer the sweet potatoes to a plate. Return the frying pan to the heat, and add an additional glug of oil, if necessary. Once hot, crack the quail eggs into the pan and season with a pinch of salt. Fry for 2–3 minutes, or until the edges are well crisped but the yolk is still soft. Remove from the heat.

### STEP FIVE

To assemble the tacos, take a warm tortilla and spread a dollop of cashew salsa as a base layer. Top with sweet potato pieces and a fried quail egg. Finish with a drizzle of chipotle salsa, and crumbled cheese, pickled onions, and a squeeze of lime juice, if you prefer.

