

Consejo Nacional para la Cultura y las Artes (Mexico). *La cocina familiar en el estado de Sonora*. México, D. F. : Océano : Conaculta, 2001. [TX716 .M4 S66 2001].

### **Sonora: Tostadas Sonorenses (Sonora)**

20 tortillas  
6 chiles pasilla remojados  
6 dientes de ajo asados  
¼ k. queso fresco rallado  
½ taza de ejotes  
½ taza de papas  
½ taza de zanahorias  
½ cucharadita de cominos  
aceite  
sal, al gusto

- Dorar las tortillas en aceite y escurrirlas
- Moler los chiles con comino, ajo, y sal; freírlos para preparar una salsa espesa.
- Agregar las verduras (cocidas y cortadas en cuadritos); revolver y sazonar al gusto.
- Colocar sobre cada tostada abundante verdura con salsa y queso rallado; servir luego.
- Rinde 10 raciones.

### **Sonoran Toastadas (Sonora)**

20 tortillas  
6 pasilla chiles soaked  
6 cloves of roasted garlic  
¼ k. grated queso fresco  
½ cup green beans  
½ cup potatoes  
½ cup carrots  
½ teaspoon cumin  
oil  
salt, to your taste

- Remove the stems from the chiles; then slit down the side with a knife and remove the seeds. Soak the chiles in hot water for 15-20 minutes.
- Dice and boil the potatoes, carrots, and green beans. Drain.
- Leaving the skins on, roast the garlic cloves in a cast-iron skillet over medium-high heat by shaking the pan frequently for 5-8 minutes, or until the cloves turn golden brown, with darker spots. Cool for several minutes before peeling.
- Heat a little oil in a skillet and fry the tortillas on each side until golden and crisp. Drain.
- Drain the chiles and grind with cumin, garlic, and salt.
- In a skillet, fry the chile, cumin, garlic mixture with enough oil to create a sauce.
- Add the vegetables to the sauce. Stir and season to taste with salt.
- Place a scoop of vegetables on each tortilla with plenty of sauce. Top with grated cheese and serve. Makes 10 servings

*Note: methods of soaking chiles pasilla from Diana Kennedy's 2000 The Essential Cuisines of Mexico*

*Method 1: Soak in hot water for 15-20 minutes*

*Method 2: Place in pot with water. Bring to a boil. Boil for 5 minutes*

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