

Garanachas Recipe: Allan White

*Buy Ingredients from Central Market

12 Mini Street Taco Corn Tortillas "Mission" Fry in peanut oil until crisp!

8 oz Bag Black Beans

Black Beans cooked down and seasoned!

4 Garlic Cloves or more

1 Tsp Cayenne pepper

1 Tsp Pepper flakes

1 Tsp onion powder

1 Tsp Garlic Salt

1 Tbl Thyme

Tbl Sweet Basil

1 Bay Leaf

1 Tbl Sugar

Cook down and simmer 4 hrs until tender and it starts to thicken!

1 Can Contadina Tomato Paste

2 White Onion

1 Package of Cherry Boom Tomatoes

Shredded Sharp Cheddar/Mex Cheese

Kraft parmesan cheese

2 Bunches fresh Cilantro

*The Peanut Oil is the key!

*Mini Taco Prep

Deep Fry mini tacos in Peanut Oil until slightly golden brown approx 60 sec, under frying, will result in rubbery tortilla, over frying will result in dry out and brittle tortillas. Set aside and prep your vegetables and cheese

*Cheese

Grate very fine the Sharp Cheddar or Mexican Cheese

*Building the Garanachas

Slightly and lightly spread tomato past on the top of each tortilla shell, it doesn't have to be completely filled in, there can be patches of tortilla shell exposed, you don't want to slather and paste the whole thing full of tomato paste yuck!

Add 2 tbs of your beans to each tortilla, spread evenly, set aside, this allows the beans to set and not be runny, then come back to put everything together on top.

Now! White Onions

Chop some onions separately, by hand, not fragmented pieces, but small square chunk pieces of onion, 3 to 4 squared pieces per tortilla, you don't wanna over do it, or under do it with the onions, you want it to balance out and look like a masterpiece, so putting too much of anything one thing, will make it look clunky and undesirable to eat!

Now! Flavor Bomb Tomatoes

Cut your tomatoes from the top, slice straight down through the tomato, you should now have 2/2's of a tomato, cut each of those half in half again, now you should have four pieces, from one tomato. Do that for as many tortilla shells that you have, you're gonna wanna place, four pieces of tomato on each tortilla that you make, 12 tortillas 12 tomatoes in fours.

Now! Parmesan cheese

Lightly sprinkle and dust the tortilla with Parmesan, not too much, not too little.

Now! The cilantro

Placed 23 sprigs of cilantro and you're going notches are completed!

*Cooking the Black Beans

You don't want to use canned black beans with this recipe, your Garamachas will lack flavor and taste.

You want to cook the beans approximately 3 to 4 hours

Include one whole onion Unchopped, One Bayleaf, and all of the ingredients below.

Add the following at the beginning in two quarts of water in a large Covered Pot preferably In a cast iron ceramic pot!

4 Garlic Cloves or more

1 Whole White Onion

1 Bayleaf

Tsp Cayenne pepper

Tsp Pepper flakes

Tsp onion powder

Tbl Thyme

Tbl Sweet Basil

Bay Leaf
Tbl Sugar

You thought this was gonna be easy didn't you?

OK Fred, I hope you're satisfied, this was a lot to put together, for a simple meatless meal,
Lol.,.,.,

Allan White
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