Faith Ministry
Making a difference, one at a time.

GORDITAS AND SOPES

Ingredients:

Gordita / Sope:

- Pre-made "masa" (corn flour dough)
    - Or, make from scratch:
        - Corn flour
        - Water
        - Salt
- 1 tbsp lard, butter, or oil

Fillings & Toppings:

- Refried beans with chorizo
- Shredded meat
- Cheese in red sauce
- Queso fresco
- Shredded lettuce

Preparation:

1. Mix 1 tbsp of lard, butter, or oil into your "masa" (dough).'

2. Knead it together by hand.

3. Take a small ball of the dough and form a flat circle by rolling it around in your hands and giving it a few "golpecitos" (slaps).

4. Place on pre-heated comal or griddle. Flip after a few minutes.

5. ***Gorditas:*** Once the dough starts to inflate, remove from the griddle and use a kitchen knife to open up half of the dough to create a pocket. Fill the pocket with your fillings.

   Sopes: Once the dough is cooked, create a dam around the dough so that the dough looks like a little container. Fill it with your fillings (refried beans always go first!). Top with lettuce.