

University of Texas Rio Grande Valley

ScholarWorks @ UTRGV

Traditional Mexican American Folklore - Folk
food

Traditional Mexican American Folklore
Collection

1-1-1993

Recipes - Gorditas (1980-1993)

Follow this and additional works at: <https://scholarworks.utrgv.edu/tmaffood>

Recommended Citation

Traditional Mexican American Folklore - Food, Border Studies Archive, UTRGV Digital Library, The University of Texas – Rio Grande Valley. Accessed via <https://scholarworks.utrgv.edu/tmaffood>

This Book is brought to you for free and open access by the Traditional Mexican American Folklore Collection at ScholarWorks @ UTRGV. It has been accepted for inclusion in Traditional Mexican American Folklore - Folk food by an authorized administrator of ScholarWorks @ UTRGV. For more information, please contact justin.white@utrgv.edu, william.flores01@utrgv.edu.

Breakfast

FOLK FOODS COLLECTION FORM

NAME OF RECIPE: Gorditas de Manteca

RECIPE (Ingredients):

Masa Harina, Lard, Salt Warm Water.

HOW IS IT PREPARED?

Mix all together add very little water form ball
Pat into thin cakes, Cook in Hot griddle
Let cook Serve Hot
Optional
chicarrones

INFORMANT'S BACKGROUND:

Name & Age: _____ - 25

Sex: Female
Occupation: PARB professional

Ethnic Group: Hispanic

Languages Spoken: Spanish & English

Country of Birth: U.S.

Date Informant First
heard of the Food: 1954

Circumstances When Food First Eaten:

When she first married in 1954

Context of Use for the Food:

Around Xmas time when temp is cool,

COLLECTING CIRCUMSTANCES:

Place Collected: Mission

Date Collected: 9-19-80



Folk Foods Collection Form

Name of recipe: *gorditas*

Recipe (Ingredients):

*Corn meal and
corn leaves*

How is it prepared?

*prepare the corn meal as for
tortillas and cook as if making
serve hot w/ chili* *tamale*

Informant's Background:

Name & Age _____ *70*

Country of Birth: *U.S.A.*

Sex: *F*

Date Informant Heard
of the Food:

about 50 yrs ago

Occupation: *Housewife*

Ethnic Group *Hispanic*

Languages Spoken: *Eng./Spa.*

Address and Phone No.
of Informant: _____

Circumstances when Food first eaten:

unknown

Context of Use for the Food:

at Christmas time

Collecting Circumstances:

Place Collected _____

Date Collected:

Folk Foods Collection Form

Name of recipe: *Tortillas Gorditas, Flat Tortillas*

Recipe (Ingredients):

1 1/2 cups. Quaker Masa

3/4 cups plus 2 Tbls. water

4 oz. Monterey Jack or any other type of cheese

oil

*deep fryer
(can use any other)
trimmings*

How is it prepared?

*Combine masa mix with water, mixing until ball forms
ball. If necessary add more water. Roll into small balls
then form a flat tortilla ^{with} your hand and then place
some cheese in the middle and then fold. With a fork, ^{put}
press the ends together. Then place in a deep fryer and fry
until golden brown.*

Informant's Background:

Name & Age _____ *44*

Country of Birth: *Donna, TX*

Sex: *Female*

Date Informant Heard
of the Food:

1930's

Occupation: *Student*

Ethnic Group *Mexican-American*

Languages Spoken: *English, Spanish*

Address and Phone No
of Informant:

Circumstances when Food first eaten:

*My grandmother made my mother some when she
was young.*

Context of Use for the Food:

Can be eaten anytime

Collecting Circumstances:

Place Collected *Donna* _____

Date Collected: *11/28/87*

Folk Foods Collection Form

Name of recipe: Gorditas de Manteeca
Corn tortillas with Grease

Recipe (Ingredients):

Masa Baking Soda
Water

GREASE of Pork or Res

Then you bake them on the grill.

How is it prepared?

Mix all the masa, water, grease, baking powder.

Informant's Background:

Name & Age _____

Country of Birth: U.S.A

Sex:

84 years of age
Female

Date Informant Heard
of the Food:

40 years

Occupation: Housewife

Ethnic Group

MEXICAN/AMERICAN

Languages Spoken:

Spanish

My aunt gave it
to me. But my
great grandmother
would make it.

Texas

Circumstances when Food first eaten: DINNER

Context of Use for the Food: Everyday meal

Collecting Circumstances:

Place Collected Edinburg, Tx _____

Date Collected: 3-24-86

Folk Foods Collection Form

Name of recipe: Gorditas

Recipe (Ingredients):

2 c masa harina
2 T oil

1 t salt
1 - 1/2 c boiling water

How is it prepared?

Mix masa harina, oil, salt and boiling water. Let dough stand for 15 to 20 minutes. ~~Then~~ get small amount of dough and make a patty using your hands. Heat shaking in skillet and fry them on both sides until golden →

Informant's Background:

Name & Age _____ 31

Country of Birth: U.S.A.

Sex: Female

Date Informant Heard of the Food:

Occupation: Teacher

1970

Ethnic Group Mex-Amer

Languages Spoken: Eng/Span

Address and Phone No. of Informant: _____

Circumstances when Food first eaten:

My mom made them one time during lunch.

Context of Use for the Food:

Use for breakfast or for any other meal. Or enjoy with coffee. Slice in open in half and spread butter.

Collecting Circumstances:

Place Collected Edinburg

Collector's Name _____

Address & Phone _____

Date Collected: May '85

1000

1000

1000

known about 3-4 minutes on each side.

...

...

...

...

...

...

...

...

...

...

...

...

...

FOLK FOODS COLLECTION FORM

NAME OF RECIPE: Gorditas

Recipe (Ingredients):

1/2 masa onions.
beans
lettuche
tomato

HOW IS IT PREPARED?

haces rueditas con la masa, (gorditas)
le pones los beans, and lettuche cortadita
and tomato and onions

Informant's Background:

Name & Age: _____

Country of Birth: Mexico

Sex: m

Date Informant Heard of the Food: 1981-93

Occupation: students

Ethnic Group: Hispanic

Languages Spoken: English - Spanish

Address and Phone No. of Informant: _____

Circumstances when Food first eaten: goods

Context of Use for the Food:

Collecting Circumstances:

Place Collected: Edinburg Texas

Collector's Name: _____

Date Collected: July 1-93

Address & Phone No.