



Mexican cooking from Martin at The Taco Box

My name is Martin and food is my passion. I love Mexican food and cooking, and absolutely love tacos. I mean, who doesn't?

So that led me to open the taco box. We are a taco trailer, with a passion for fresh and quality ingredients, freshly prepared to provide the most flavourful and highest quality tacos in the land.

I have created this e-book to share some of what I have learnt from travelling to Mexico and South America, picking up tips and adapting them to make my own recipes and techniques.

I hope you enjoy this free e-book, and if you have your appetite wetted, then follow us on Instagram @thetacobox to find out where we will be located for takeaway and delivery.

Also give us a shout out with your picture of any dishes you have made.

¡Cocina Feliz!





Mexican cooking from Martin at The Taco Box

Ingredients

A quick word about your ingredients. Always try to source the best ingredients possible. There is a famous phrase in cooking. 'let the ingredients do the work for you'. In most Mexican dishes, and indeed most cuisines around the world, the dishes rely heavily on the natural flavours of the ingredients, enhanced with good quality sea salt and pepper.

Buying good quality ingredients makes a whole world of difference to your food. Everything is important, from a great quality tomato, right down to the salt you use. Try to buy local where possible, support local butchers, farm shops and greengrocers. Yes, you may pay slightly more, but the final result is so worth it.

If you need convincing, I recommend making two batches of salsa. In one, use all the cheapest ingredients you can find, and in the other, use locally sourced, premium ingredients, and taste the difference.

Salt

Buy good quality salt. It will elevate your dishes to another level and has greater health benefits than table salt. Good quality sea salt flakes or kosher salt is my recommendation.

Herbs

When it comes to herbs, fresh is best. If possible grow your own. They are really easy to grow and saves you a lot of money, and saves waste. If you don't want to grow your own, try to buy potted herbs. Once herbs have been cut they start to lose their flavour rapidly. If you can only buy cut herbs, buy the freshest possible and use them quickly. Herbs such as coriander and parsley are especially prone to losing flavour.

When chopping herbs, try to cut them just once, i.e. cut into strips rather than finely dice. Use an extremely sharp knife to avoid bruising the herbs and losing the flavour on the board.

Salsa

Our Own recipe salsa. Use the best tomatoes, great quality salt and plenty of it. Add mango and have in fish tacos. Keep the scraping for Huevos Rancheros or a tomato sauce.

Ingredients

350g tomato

1 red onion

Zest and juice of 1 lime

Coriander to taste

Salt and Pepper



Method

Start by scraping out the seeds of the tomatoes.

Finely dice the remainder of the tomato flesh and put in a bowl. Season with salt.

Finely dice the red onion and put into a separate bowl.

Roughly chop the coriander and add to the onion.

Zest and juice the lime in with the red onion.

Drain the juice off the tomatoes, add to the red onions.

Season to taste and mix well.

For an added twist, try adding some mango or pineapple.

Make 1 day ahead to allow the flavours to develop together.

Guacamole

Our own recipe Guacamole. Some people like to add tomato, give it a go! Change it up to suit you.

Ingredients

5 large Avocados
1 small red onion
1 red chilli
Zest of 2 limes
Juice of 1 lime
Coriander to taste
Salt and Pepper to taste

Method

Half the avocados and scrape out the flesh into a bowl.

Mash the avocados, leave lots of texture.

Finely dice the red onion and add to the bowl.

Scrape the seeds from the chilli, finely dice and add to the bowl along with the lime zest and juice, and the coriander.

Mix together well and season to taste.



Refried Beans

Classic refried beans. Perfect as a nacho topper or in burritos, or as a side with Huevos Rancheros.

Ingredients

2 tins of Pinto beans

2 cloves garlic

1 brown onion

½ lime juice

1 teaspoon cumin

½ teaspoon chilli flakes

Salt and pepper to taste

Fresh Coriander (optional)

Spring onion (optional)

Method

Boil the beans in the water from the cans, add a little extra if required.

In a separate pan, sweat the onions and garlic in some rapeseed oil until soft.

Add the spices to the onions and garlic and mix well. Reduce the heat to as low as possible.

Cook for 3 minutes then remove from the heat.

Remove the beans from the heat and drain the water but keep it.

Mash the beans to your desired texture. Add in the onion mixture and use the bean water to loosen the mixture if required.

Finish with fresh coriander and spring onions



Corn Tortillas

Make your own taco shells. Gluten free and easy. Perfect for the freezer, so make a big double or triple batch in one go and have them ready to go whenever its taco Tuesday!

Ingredients

150g Masa Harina

100ml Water

1 tbsp rapeseed oil

salt

Method

Mix together the Masa Harina and salt

Add the water and oil. Mix well to form a dough. Judge the consistency, if it is too dry, add a dash of water. If it is too wet add a pinch of flour. Remember, add little amounts at a time.

Divide into 24 equally sized balls, use scales.

Press with a tortilla press. To press by hand, roll with a rolling pin, between 2 pieces of cling film to 2-3mm diameter.

To cook, brush a small amount of oil in a hot fry pan, cook for 1 minutes each side until nicely coloured.



Huevos Rancheros

A perfect, healthy and delicious brunch. A great way to cook eggs differently, packed with veggies and goodness. Use the tomato scrapings from your salsa here.

Ingredients

200g Fresh Salsa
½ red pepper
½ green pepper
1 courgette
½ chilli (optional)
Handful of spinach
1 clove garlic
½ tsp cumin seeds (or ground cumin)
4 eggs
Fresh coriander
Grated cheese
Tortillas to serve

Method

Toast the cumin seeds. (If using ground add at step 3)

Add the peppers, garlic, chilli and courgette with 1 tbsp of rapeseed oil. Sweat for 3-5 mins.

Once soft, add the spinach.

Reduce the heat and add the salsa and stir together. Season well.

Make 4 holes in the mixture. Place a knob of butter in each hole.

Crack the eggs into each hole and crack some black pepper on top of each egg.

Put a lid on the pan, turn the heat up to medium and cook for 2 minutes.

Add the grated cheese, return the lid for a further 2-3 minutes, or until egg whites are cooked.

Serve with warm tortilla and top with fresh coriander if desired.



Carne Picante

Shredded Mexican style spicy beef. Great in tortillas or as a topping for nachos.

Ingredients

400g Beef shin or brisket
1 tsp hot paprika
1 tsp Smokey paprika
¼ tsp cayenne pepper
1 tsp thyme
½ tsp cumin
1 adobo chilli
Pinch nutmeg
1 tsp salt
Zest and juice of 1 lime
5 tbsps natural yogurt
1 litre of beef stock



Method

Mix all the spices and lime with the yogurt.

Marinate the beef in the yogurt for 2 hours.

Bring a pan to a high heat and sear the meat well on all sides.

Add the yogurt and stock to the pan and bring up to the boil. Cover and transfer to an oven at 110 degrees

Cook for 6-8 hours or until the meat tears apart easily.

Remove the meat from the juices and set aside, covered. Return the juices to the stove. Reduce to a thick sauce.

Meanwhile, pull the beef apart. Once the sauce has been reduced, pour over the meat and mix well.

Finish with freshly chopped coriander mixed in yoghurt to tone the spice down if necessary.



Mexican cooking from Martin at The Taco Box

Ingredients

A quick word about your ingredients. Always try to source the best ingredients possible. There is a famous phrase in cooking. 'let the ingredients do the work for you'. In most Mexican dishes, and indeed most cuisines around the world, the dishes rely heavily on the natural flavours of the ingredients, enhanced with good quality sea salt and pepper.

Buying good quality ingredients makes a whole world of difference to your food. Everything is important, from a great quality tomato, right down to the salt you use. Try to buy local where possible, support local butchers, farm shops and greengrocers. Yes, you may pay slightly more, but the final result is so worth it.

If you need convincing, I recommend making two batches of salsa. In one, use all the cheapest ingredients you can find, and in the other, use locally sourced, premium ingredients, and taste the difference.

Salt

Buy good quality salt. It will elevate your dishes to another level and has greater health benefits than table salt. Good quality sea salt flakes or kosher salt is my recommendation.

Herbs

When it comes to herbs, fresh is best. If possible grow your own. They are really easy to grow and saves you a lot of money, and saves waste. If you don't want to grow your own, try to buy potted herbs. Once herbs have been cut they start to lose their flavour rapidly. If you can only buy cut herbs, buy the freshest possible and use them quickly. Herbs such as coriander and parsley are especially prone to losing flavour.

When chopping herbs, try to cut them just once, i.e. cut into strips rather than finely dice. Use an extremely sharp knife to avoid bruising the herbs and losing the flavour on the board.