

Submitted by Justin Rucobo at Stanford Hospital, California

SERVES 8 | PORTION 2 arepas

INGREDIENTS

2 cups almond milk, unsweetened plain
2 1/2 cups masa harina
3 tbsp. sugar
1 tbsp. and 3 tsp. kosher salt
1 cup black beans, cooked
1/4 cup and 1 tsp. canola oil
6 ounces oyster mushrooms
6 ounces button mushrooms
2 each portobello Mushrooms
8 oz. pumpkin seeds
2 Guajillo chile peppers, dried,
2 Pasilla chile pepper, dried
1 tbsp. black pepper
1 whole clove
1/2 tsp. thyme leaves, dried
1/2 tsp. marjoram leaves, dried
1 bay leaf
1/2 tsp. cumin, ground
1/4 tsp. cinnamon, ground
3 cloves garlic, peeled
1 yellow onion, small
2 Roma tomatoes
1/4 cup, 2 tbsp. apple cider vinegar
1 cup green cabbage, shredded
1/2 cup red cabbage shredded
1/4 cup carrots, shredded

PREPARATION

- 1. Black bean arepa** Bring the almond milk and butter to a boil. Stir in the masa, sugar, and salt. Stir until a stiff batter is formed. Mix in the black beans. Form 3-oz. balls. Between parchment paper, roll out the dough into 1/4 in. thick circles. In a nonstick pan heat oil and add the arepa rounds, cook 2-3 minutes per side in batches. Keep warm in a 250° oven.
- 2. Mushroom birria** Pull the oyster mushrooms into strips. Thinly slice the button mushrooms. Stem and scrape gills from the portobello mushrooms, and dice. Remove stems and seeds from chiles. Boil chiles in 1 cup of water. Turn off the heat and let sit for 15 minutes. In a non-stick pan, on low heat toast the pumpkin seeds until fragrant, around 15 minutes. When done set aside. Heat 450°. Peel and cut the onion into quarters. On a sheet pan place the garlic, onion, and tomatoes. Bake for 30 minutes until soft. Blend 1/2 cup of pumpkin seed, chiles, water, and roasted vegetables (omit mushrooms) until smooth. Cook blended sauce over medium heat stirring often, for at least 30 minutes. Sauté the mushrooms in oil until browned. Add mushrooms and cook for an additional 15 minutes. Serve with slaw.

