



Photo by Jackie Tran
for Tucson Foodie

CHIMICHANGAS

The Official-Unofficial State Food of Arizona

History

The history of the chimichanga (also “chimi,” from a Spanish word similar to “thingamajig”) is equally as delicious as it is uncertain. Some people think that the dish has roots in Chinese cuisine and was introduced in the 1870s, others think that it came directly from Mexico as a variant of *tacos dorados* (hard-shell tacos), and others still claim that it was invented by accident in Tucson, Arizona at El Charro Café, or in Phoenix, Arizona at Macayo’s in the early-to-mid 20th century. Regardless of how they got to us, chimichangas are an important staple in Arizona’s unique food culture.

How to:

The wonderful thing about chimichangas is you can really make them your own! Assemble a burrito with all your favorite fillings: meat, cheese, beans, veggies-- whatever you like! Then, fry! You can either deep fry your burrito (make sure you fold your tortilla very tightly!) or shallow fry in about an inch of oil. Fry until golden brown all over. Top with your favorite toppings: enchilada sauce, sour cream, cheese, green onions...¡buen provecho!



Tortillas de Maiz

Corn Tortillas

Ingredients:

- 2.5 cups Masa Harina (Instant corn masa flour)
- 1.5 tsp salt
- 1.5 cups water

Directions:

Mix flour, water, and salt in a bowl to form a moist yet firm dough that can be easily kneaded. If the dough is too dry, add water a tbs at a time until dough can be pinched together without falling apart. Press small balls of dough between two pieces of plastic wrap or parchment paper until dough is a flat circle. Cook on a heated griddle or comal until a few brown spots appear, about 45 seconds. Flip and repeat on the other side.