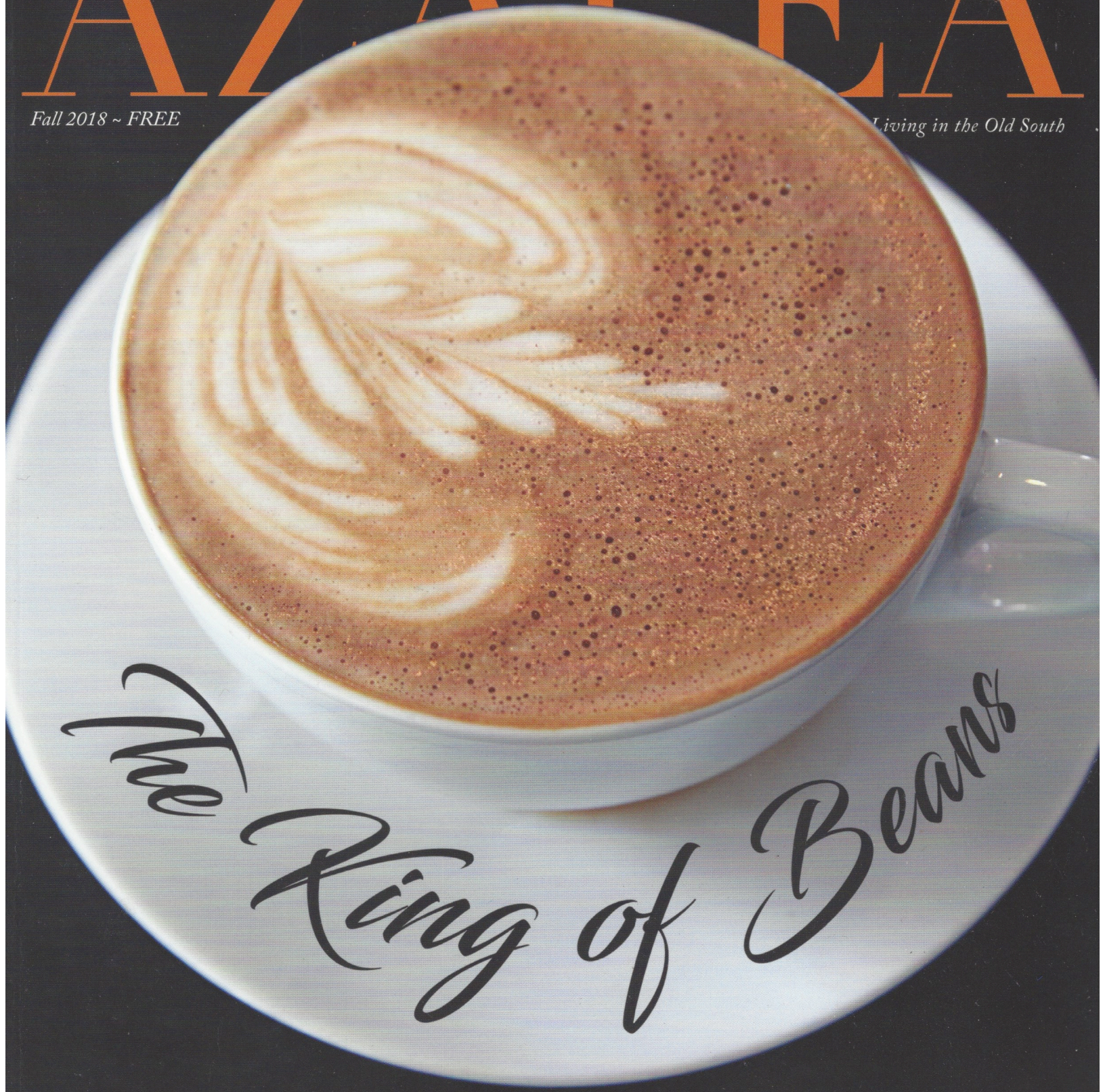
THE GOLDEN HOME / THE DUALITIES OF ARTIST KEVIN MORRISSEY / GARDEN PARTY
THE LITTLE COTTAGE COMMUNITY CAFE / Q&A DAN RILEY / COASTAL PRODUCE MARKET
CHARLESTON ARTISAN CHEESEHOUSE / LOCAL TORTILLAS / HOLY CITY RECLAIMED

AZALEA

Fall 2018 ~ FREE

Living in the Old South



The King of Beans

COFFEE BREAK *The Lowcountry has a coffee shop for every atmospheric persuasion, from minimalist to eclectic. We've selected a sampling of some of our favorite local shops and roasters, and we encourage you to try one, or try them all.*

SOUTHERN**SPOTLIGHT**
Mitla Tortilleria

Mix and Mash

Inspired by the authentic recipes and traditions of Mexico, a local couple focuses their talents on creating the South's most delicious tortillas

Flour Couple
Grace and Cliff pose in the kitchen; Mitla Tortillas come in a variety of flavors and styles

Grace Newland has loved tortillas for years. When she was young, her after-school staple was two flour tortillas with heaps of gooey, melted cheese between them. She later worked at a Mexican restaurant where coworkers joked that, at the rate she consumed chicken quesadillas, she was sure to eventually become one. Grace had no idea at the time that she'd someday produce and sell her own tortillas. She was working in Public Relations when she married Cliff Newland, a graduate of Johnson & Wales and pasta-maker with Rio Bertolini. They'd fantasized about making a food product together, but the path to making this vision into a reality was unclear. As with so many scenarios, when we pause in the pursuit of what we want, it falls right into our laps.

This is how Mitla Tortilleria was born, during an anniversary trip in 2013 to Oaxaca, Mexico for the Dia de los Muertos celebrations. Grace was amazed at the robust quality of the flour tortillas served by the food vendors. What was once a simple vessel was now the highlight of the dishes. They later travelled to the Southern town of Chiapas where they watched as a local woman ground corn by hand and pressed it flat with a handmade wooden press over an open fire. She served her creations with toasted pepitas, commonly known as pumpkin seeds. Where most corn tortillas are flimsy, grainy discs barely capable of carrying their contents, these were pliable with a distinct corn flavor. Every ingredient the Newland's needed to create their own company was unexpectedly discovered in this trip. Even the name "Mitla" is inspired by a ruin they visited where intricate patterns carved into the stone walls have been incorporated into the company logo.

Grace and Cliff craft their tortillas with respect for the culture that inspired them. They duplicate an ancient cooking process known as "nixtamalization" where dry corn is cooked in lime and ground into fresh masa. In their wholesale kitchen in West Ashley, they lovingly mix and mash fresh corn every Tuesday and Friday, often working late into the evening to meet demands. Other days are reserved for flour tortillas offered in a variety of flavors from beet to sundried tomato. Mitla tortillas have been picked up by local restaurants and retailers from Charleston to Savannah. Their tortillas are certified organic, vegan, non-GMO, dairy free, soy free, and nut free. **AM**

Butternut Squash, Kale, and Caramelized Onion Tortilla Pizzas

Ingredients

4 cups, ½ inch diced butternut squash
4 cups chopped baby kale
2 garlic cloves, chopped
2 medium yellow onions, sliced thin
1 cup feta cheese
¼ cup toasted pumpkin seeds
4 tablespoons vegetable oil
2 tablespoons butter
Salt and pepper to taste
2 large Mitla Tortilla Flour Tortillas

Preparation

Preheat oven to 450°. Heat a tablespoon of vegetable oil and a tablespoon of butter over medium heat. Add the sliced onions and cook for approximately 30 minutes while stirring every few minutes to prevent burning. When onions reach a dark caramel color, remove from heat and set aside. Add the remaining oil and butter to a sauté pan and heat over medium high heat until the butter starts to lightly brown. Add chopped garlic and stir for about 1-2 minutes. Add the chopped butternut squash and cook until browned and soft (about 7 minutes). Add the chopped kale and cook another 2 minutes until wilted. Salt and pepper to taste. To assemble the pizza, heat tortillas in a large nonstick pan over medium heat. Cook tortillas on both sides for about a minute, or until the tortillas brown and puff. Transfer tortillas to a sheet tray and add caramelized onions, kale, and butternut squash. Top with crumbled feta cheese and cook for 5-10 minutes until feta starts to slightly brown and the tortillas are crispy. Finish with toasted pumpkin seeds and sprinkle with sea salt to taste.