

Cooking Thyme with Stacie

SHARING THE JOY OF  COOKING & HOSPITALITY

Flautas and Margs
Friday, March 4, 2022
5 – 6pm EST

- Menu -

Chicken Flautas with Avocado Cream
Mexican Corn Salad
Grapefruit Margaritas

To access the class video copy and paste this link into your browser:

www.cookingthymewithstacie.com/video-class-purchase/flmarg3222

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Shopping List

Dairy/Frozen

- 1 block Cotija cheese
- 18-ounce package of Pictsweet Farms Roasting Mexican Street Corn (can substitute fresh)
- 1 ½ cups sour cream
- 8 ounces extra sharp cheddar cheese, shredded (I suggest, buy the block and shred it yourself.)

Pantry

- 12, 7" flour tortillas
- Cooking spray
- 4 ounce can mild chopped green chilis
- ½ cup of your favorite medium salsa
- 1 cup canola oil

Produce

- 1 jalapeno pepper, minced
- 1 bunch fresh cilantro
- 6 Limes
- 1 tomato deseeded and chopped, for garnish
- 1 large ripe avocado
- 1 clove of garlic
- 1 cup grapefruit juice

Protein

- ½ rotisserie chicken, meat shredded

Spices

- Kosher salt
- 1 TSP chili powder
- 1 TSP garlic powder

Specialty

- 1 cup triple sec
- 1 cup white tequila

Equipment List

Baking Pans

- 2 Large rimmed baking sheets

Electric

- Food processor

Pots/Pans

- 12” skillet

Utensils

- Measuring cups and spoons
- Mixing bowls
- Chef’s knife
- Cutting board
- Spatula
- Tongs

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

- **Shred the chicken**
- **Shred the cheddar cheese**

Mexican Corn Salad

1, 18-ounce package of Pictsweet Farms Roasting Mexican Street Corn (You can substitute fresh corn, cut off kernels from 3 ears of corn)

1 jalapeno pepper, minced

¼ cup cilantro, chopped

1/3 cup cotija cheese, crumbled and a bit extra for garnish

¼ cup sour cream

Juice from 1 lime

Cooking spray

Preheat oven to 450°.

Spray a large rimmed baking sheet with cooking spray.

Spread the roasting corn on a large baking in a single layer. Roast 10 minutes then remove the baking sheet and flip the corn using a spatula. Return the corn to the oven and roast another 10 minutes. Remove from the oven and let cool.

Once cooled, place the corn in a large mixing bowl and add the pepper, cilantro, cheese, sour cream and lime juice. Combine well. Garnish with a sprig of cilantro and extra cotija cheese.



Flautas

½ rotisserie chicken shredded, about 2 – 3 cups (1/2 breast, thigh and leg meat)
1, 4 ounce can mild chopped green chilis
½ cup medium salsa
¼ cup sour cream
Juice from ½ lime
1 TSP chili powder
1 TSP garlic powder
½ TSP Kosher salt
8 ounces extra sharp cheddar cheese, shredded

12, 7” flour tortillas
1 cup canola oil
Garnish: avocado cream (see recipe) and chopped tomatoes

In a large mixing bowl combine the first 9 ingredients (everything but the tortillas and oil). Mix until well combined. Portion the chicken mixture equally onto the 12 tortillas. Roll each tortilla tightly around the mixture and lay them seam side down on a baking sheet.

In a 12” skillet, heat the 1 cup of canola oil over medium heat. You want the oil to be about 325°. Fry the flautas in batches of 3 or 4, not crowding the pan. Fry 2 minutes on the first side or until lightly browned. Using some tongs, flip the flautas over and fry an additional 1 -2 minutes. Remove from oil to a paper towel lined baking sheet. Place in a 250° oven to keep warm or serve immediately.

Garnish with Avocado Cream and chopped tomatoes

Avocado Cream

1 large avocado
1 cup sour cream
¼ cup fresh cilantro, chopped
1 garlic clove
½ TSP Kosher salt

Combine all the ingredients in a food processor and blend until smooth and creamy.

Pink Grapefruit Margarita

1 cup red grapefruit juice
½ cup lime juice
1 cup triple sec
3 cups ice
1 cup white tequila
¼ tsp salt

Combine grapefruit juice, lime juice and triple sec in a blender. Add 3 cups of ice and blend until smooth. Pour the mixture into a pitcher and then stir in the tequila and ¼ tsp salt. Serve over ice.