



Cinco De Mayo Fiesta  
With Dessert

- Menu -

Homemade Corn/Flour Tortillas  
Chicken Tinga Tacos with Mexican Crema and Cotija Cheese  
Cilantro Lime Rice  
Sopapillas with Honey

[www.cookingthymewithstacie.com](http://www.cookingthymewithstacie.com)

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## Shopping List

### Dairy

- ½ cup milk
- ½ cup sour cream or Mexican crema to garnish tacos

### Pantry

- Kosher salt and pepper
- 1 TB olive oil
- 1, 15 ounce can fire-roasted tomatoes
- 2 ½ cups chicken broth
- 1 cup long grain rice
- 3 2/3 cup all-purpose flour, plus more for dusting
- 2 TSP baking powder
- ¼ cup plus 1 TSP granulated sugar
- 3 TB vegetable shortening
- 1 bottle peanut oil
- Honey

### Produce

- 1 medium yellow onion
- 2 cloves of garlic
- 2 limes
- 1 bunch fresh cilantro
- 2 cups shredded cabbage for taco garnish

### Protein

- 1 rotisserie chicken

### Spices

- ½ TSP cumin
- 1 TSP oregano
- ¼ TSP cinnamon

### Specialty

- 3 TB chipotle sauce
- 2 cups masa harina (pictured below)

## Equipment

### Electric

- Blender or immersion blender

### Pots and Pans

- 2 Medium saucepans
- Cast-iron skillet or a non-stick skillet
- Large Dutch oven

### Tools

- Chef's knife
- Cutting board
- Measuring cups and spoons
- Microplane/zester
- Mixing bowls, various
- Pastry blender
- Rolling pin

### Specialty

- Tortilla press – if you do not have a tortilla press, I recommend purchasing the tortillas at the store.
- Heavy duty gallon size Ziploc bag



The brand of tortilla press I use is [Musa](#).

# Mise 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.

- **I recommend you read through the recipes before class.**
- **Collect all the ingredients and organize them by recipe.**
- **I encourage you to prep your ingredients so that you will have more time to watch the instruction.**

## Chicken Tinga Tacos

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1 Rotisserie chicken, skin removed and meat shredded  
(alternate method – poach one-pound boneless, skinless chicken breasts then shred)  
1 TB olive oil  
1 medium yellow onion, diced  
2 cloves of garlic, chopped  
1, 15-ounce can fire-roasted tomatoes, undrained  
3 TB chipotle sauce (add more if you prefer it spicier)  
½ cup chicken broth  
½ TSP cumin  
1 TSP oregano  
Salt and pepper to taste

### **To make the tomato sauce:**

In a saucepan over medium-low heat, heat 1 TB of olive oil. Add the diced onion and a dash of salt. Cook until softened, about 6 – 8 minutes. Add the garlic and cook 1 minute. Pour in the remainder of the ingredients, tomatoes, chipotle sauce, chicken broth, cumin and oregano. Cook while stirring occasionally, 7 minutes allowing it to reduce.

Remove the mixture from the heat. Blend until smooth with a blender in batches or you may purée the mixture in the pan with an immersion blender. Add salt and pepper to taste.

Place the pan back onto the heat, add the shredded chicken. Heat through over low heat about 15 minutes to allow the flavors to blend. The sauce will continue to reduce, coating the chicken.

Serve with tortillas. Garnish with Mexican Crema or sour cream, Cotija cheese and shredded cabbage.

## Cilantro Lime Rice

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1 TB olive oil  
1 cup long grain rice  
2 cups chicken broth  
Zest and juice from 2 limes  
¼ cup cilantro, chopped

Heat the olive oil in a medium saucepan over moderate heat. Then pour in the rice and gently stir for about 1 minute. Pour in the chicken broth and the zest and juice from 1 lime. Stir well. Bring the mixture to a boil. Reduce the heat and cover. Simmer for 15 - 20 minutes until the liquid is absorbed. Remove from the heat and fluff with a fork. Stir in the cilantro, zest and juice from 1 more lime and serve.

## Corn/Flour Tortillas

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\*\*I add a bit of flour to these to make the dough easier to work with, otherwise, it cracks very easily!

\*\*You will need a tortilla press to make these. If you do not plan to use one, please purchase your tortillas!

Makes 15, 5” tortillas

2 cups masa harina

2/3 cup all-purpose flour

¾ TSP kosher salt

1 2/3 cup warm water

In a large bowl, whisk the two flours together. Add the salt and combine. Pour in the warm water and mix until well incorporated. Finish kneading in the bowl with hands until it is smooth in consistency. Make 15 balls, rolling between your hands until they are smooth with few “cracks”.

Heat a non-stick skillet or cast-iron skillet over medium-high heat (between 6 – 7 on electric stove).

Cut a heavy-duty gallon size Ziploc bag along the sides. Open it like a book and place on a tortilla press. Place one ball of dough on top of the plastic and press firmly. Lift the top up and pick up the plastic and peel one side at a time off the tortilla and place on the hot pan. Cook the first side 30 – 40 seconds and flip. Cook the second side an additional 30 seconds. I flip it one more time on the original side and it will start to “puff” remove immediately to a plate.

Continue with rest of the dough and keep covered with a kitchen towel.

### **What Is Masa Harina?**

Masa harina is a very soft flour made from finely ground hominy or dried corn kernels that have been cooked and soaked in limewater (a diluted solution of calcium hydroxide — not to be confused with water flavored with lime juice). It is this alkaline solution that gives corn tortillas and tamales their pleasantly sour flavor. Masa harina is like any other flour and is best kept sealed at room temperature. Because the corn has been treated with limewater, you cannot substitute cornmeal in recipes that call for masa harina. (From [thekitchn.com](http://thekitchn.com))

# Sopapillas

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Makes about 36

3 cups all-purpose flour  
2 TSP baking powder  
1 TSP sugar  
1 TSP kosher salt  
3 TB shortening  
½ cup warm milk  
¾ cup warm water

1 bottle peanut oil  
¼ cup granulated sugar  
¼ TSP cinnamon  
Honey

In a small bowl mix the cinnamon and sugar together. Set aside.

In a large mixing bowl, whisk together: the flour, baking powder, sugar and salt. Next cut in the shortening with a pastry blender or your hands.

Once the shortening has been blended into the flour, make a well in the center of the mixture and pour in the water and milk. Stir with a wooden spoon until combined. Turn the dough out onto a floured surface. Knead the dough about five minutes, until smooth and elastic. Wrap in plastic wrap and let rest 30 minutes.

In a large cast iron Dutch oven, heat the peanut oil over medium – low heat. The depth of the oil should be between 3” - 4”. The temperature of the oil should be 360° - 375°F.

Divide the dough into 4 pieces and keep the extra dough covered with the plastic wrap while working with one piece at a time.

Roll the dough piece until it is very thin, about ¼” thick into a rectangle. Then cut the dough into squares. I prefer about 3” x 3”. Place 2 – 3 squares at a time in the hot oil. Turn the sopapillas over frequently until they are nicely browned on all sides. Remove them from the oil after about 3 minutes and place them on a wire rack to cool. Sprinkle with cinnamon sugar.

Serve with honey.