



Live Stream Cooking Class
Mexican Street Tacos
3.10.21
4 – 5:30 pm EST

- Menu -

Homemade Flour Tortillas – Skirt Steak Tacos – Chipotle Cream Sauce
– Pico de Gallo – Fiesta Chicken Soup

www.cookingthymewithstacie.com

To Access the Class Video Copy and Paste the Link Below

www.cookingthymewithstacie.com/video-class-purchase/310steak%26soup

Shopping List

Dairy

- 12 ounces cup sour cream
- Shredded cheese for soup garnish (Mexican blend or cheddar)

Pantry

- Kosher salt and pepper
- 2 TB olive oil
- 3 cups all-purpose flour, plus more for dusting
- 2 TSP baking powder
- 6 TB vegetable shortening
- 2 TB vegetable oil
- 2 (15 ounce) cans refried beans
- 2 (14.5 ounce) cans petite diced tomatoes
- 1 (10 ounce) can diced tomatoes with green chilis
- 1 ½ cups chicken broth (I use Better than Bouillon brand)

Produce

- ¼ cup fresh squeezed lime juice
- ¼ cup chopped fresh cilantro
- 5 cloves garlic
- 2 cups plum tomatoes, deseeded and chopped
- 2 cups yellow onion, diced (about 2 medium onions)
- 1 large bunch cilantro
- 1 jalapeno
- 3 - 4 limes

Protein

- 1 ½ pounds skirt steak
- 1 rotisserie chicken, shredded (about 4 cups of chicken)

Specialty

- ½ - 1 TSP chipotle chili in adobo sauce
- Handful of tortilla chips for garnish

Spices

- 1 ¼ TSP cumin
- 1 TSP ground coriander
- 1 TSP chili powder

Equipment

Baking

- 9" x 13" dish

Electric

- Mini food processor, blender or food processor

Pots and Pans

- Cast iron skillet
- Grill or grill pan
- Large Dutch Oven

Tools/Utensils

- Chef's knife
- Cutting board
- Ladle
- Measuring cups and spoons
- Mixing bowls, various sizes
- Pastry blender
- Plastic wrap
- Rolling pin

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.

- I recommend you read through the recipes before class.
- I encourage you to prep your ingredients so that you will have more time to watch the instruction.
- *You may want to prepare (but you do not have to) the tortilla dough. I will prepare it in class.*
- Marinate the skirt steak. We will do this at the beginning of class as well, but it will not have a full hour to marinate. If you want to develop more flavor, I suggest you do this step ahead.

Skirt Steak Tacos

Makes 8 street tacos (recipe can easily be doubled)

1 ½ pounds skirt steak

Marinade

¼ cup fresh squeezed lime juice

¼ cup chopped fresh cilantro

1 TSP cumin

1 TSP ground coriander

1 TSP chili powder

1 clove garlic, minced

2 TB olive oil

Salt and pepper

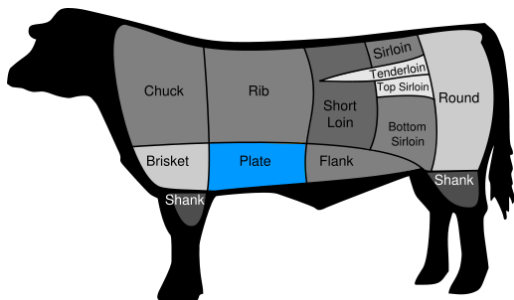
Combine all the ingredients for the marinade in a small bowl.

Remove any fat from the steak and trim into two - three pieces. Place the steaks in a 9" x 13" glass dish. Generously sprinkle with salt and pepper. Pour the marinade over the steak and cover tightly with plastic wrap. Refrigerate one hour. Remove from the refrigerator 15 minutes before grilling.

To cook:

Grill for 3 – 4 minutes per side over moderately high heat until the steak is medium rare – 135°. Remove from heat and let stand 5 - 10 minutes. You may want to salt the meat a little more at this point. Slice the steak ACROSS the grain!

(Alternatively you can cook on the stove top in a cast iron skillet.)



What is skirt steak? It is a long thin piece of meat from the diaphragm area of the cow. It is known for its more intense “beefy” flavor and needs to be cooked only to medium rare to maintain its tenderness.

Flour Tortillas

Makes 16 – 18 tortillas

3 cups all-purpose flour
2 TSP baking powder
1 TSP Kosher salt
6 TB vegetable shortening
1 ¼ cup warm water

Mix all the dry ingredients together in a large bowl. Add the vegetable shortening and cut it in using a pastry blender or two forks. Next add the warm water and stir gently until incorporated.

Turn the dough out onto a floured surface and knead for a few minutes. You may need to add additional bits of flour if the dough seems too sticky. Now pull off small pieces of dough, between 16 – 18 and form them into small balls. Place them in the bowl and cover. Let the dough rest for 30 minutes.

Heat a dry skillet, preferable a cast iron one, over medium high heat. On a floured surface, roll out each ball with a floured rolling pin. You will want the dough very thin, almost transparent. Transfer it to the heated pan.

Cook the first side about 30 seconds until small brown spots appear. Turn it over and cook an additional 20 seconds. Remove to a platter and cover to keep warm.

Caution – you may need to practice a bit with the temperature – too hot and they start to burn in spots before fully cooked, not hot enough the tortilla starts to get too crisp because you have to cook it so long to get it browned enough.

Pico de Gallo

2 cups plum tomatoes, deseeded and chopped
1 cup diced yellow onion
1 cup cilantro, chopped
1 jalapeno, diced fine
Juice from 2 limes
Salt and pepper to taste.

Combine all the ingredients in a medium bowl and chill until ready to serve.

Chipotle Cream Sauce

½ cup sour cream
1 garlic clove, minced
¼ TSP cumin
1 TB cilantro, chopped
1 TB lime juice
½ - 1 TSP chipotle chili in adobo sauce
Dash of salt

Blend this together in a mini food processor or blender until smooth.

Fiesta Chicken Soup

Makes 14 cups

1 small yellow onion, chopped (about 1 cup)
3 garlic cloves, minced
2 TB vegetable oil
2 (15 ounce) cans refried beans
2 (14.5 ounce) cans petite diced tomatoes
1 (10 ounce) can diced tomatoes with green chilis
1 ½ cups chicken broth (I use Better than Bouillon brand)
4 cups cooked rotisserie chicken (I suggest buying a rotisserie chicken from the store and shredding the meat)
¼ cup fresh cilantro, chopped and stems removed
1 (8 ounce) sour cream
Shredded cheddar cheese for garnish
Handful of tortilla chips for garnish

Heat a large Dutch oven (at least 6 qt) on medium-low heat. Add the vegetable oil. Sauté the chopped onion 10 minutes or until translucent. Toss in the minced garlic and cook 30 seconds, or until fragrant. Add the refried beans, the cans of tomatoes and the chicken broth. Stir the soup until smooth. Add the rotisserie chicken and stir until combined. Bring the soup to a boil. Reduce the heat and simmer 15 minutes. Stir in the chopped fresh cilantro. Ladle into soup bowls and top with a dollop of sour cream, shredded cheese and tortilla chips.