



- Mexican Street Tacos – Serves 4

Menu - Homemade Flour Tortillas - Panko Encrusted Fish Tacos with Chipotle Cream and Cabbage Slaw - Pineapple Salsa - Mexican Corn on the Cob (Elote)

www.cookingthymewithstacie.com

Copy and paste the link below to access the class video:
www.cookingthymewithstacie.com/video-class-purchase/mstaco1014

Shopping List

Protein

- 1-pound swordfish or mahi-mahi

Produce

- ½ Fresh pineapple (can use canned chunks if you prefer)
- 1 ½ large bunches cilantro
- 3 Limes
- 1 Jalapeño pepper
- ½ of White onion
- 1 pound Cabbage (you can also purchase a bag of pre-shredded coleslaw)
- Corn on the cob
- Fresh garlic cloves

Dairy/Freezer

- 1 Egg
- 1 package Cotija Cheese (Used for the corn, but you can garnish tacos with it too)
- 8-ounces Sour cream

Pantry

- 3 1/2 cups plus some for dusting All-purpose flour
- 2 TSP Baking powder
- 1 ½ cups Panko bread crumbs
- 1 TB Canola oil
- 2 TB olive oil
- 6 TB Vegetable shortening
- Salt and pepper
- 1 TSP Smoked paprika
- 1 TSP Garlic powder
- 1 TSP Oregano
- Chili powder
- ½ TSP Cumin
- Mayonnaise (check recipe – it is for 1 corn cob)

Other

- 1 TSP Chipotle chili in adobo sauce



1 Cup sour cream (8-ounce container)

Equipment

Pans

- Skillet, preferably cast iron

Baking Dishes

- 2 Baking pans

Tools

- Chef's knife
- Paring knife
- Rolling pin
- Mixing bowls
- Measuring cups and spoons
- Pastry blender
- Spatula

Appliances

- Food processor

Other

- Foil
- Plastic wrap
- Paper Towels



This is the pastry blender I use from Oxo, available at Target.

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.

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?”

Preheat the oven to 400° F.

Flour Tortillas

Makes 16 – 18 tortillas

3 Cups all-purpose flour
2 TSP baking powder
1 TSP 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 the bowl with plastic wrap. 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. Brush off as much of the extra flour as possible.

Transfer it to the heated pan.

Cook the first side about 30 seconds until small brown spots appear. (Caution – if you do not see browning after about 30 seconds, turn up the heat.)

Turn it over and cook an additional 20 seconds. Remove to a platter and cover to keep warm.

** In between tortillas, the flour may start to build up and burn on the skillet. Take a paper towel with some cooking oil on it and wipe the surface of your skillet. Be careful not to burn yourself!

Fish Tacos

1-pound swordfish, cut in 1" x 3" pieces (you can substitute mahi-mahi)
1 ½ Cups panko bread crumbs
1 TSP Garlic powder
1 TSP Smoked paprika
1 TSP Oregano
¾ TSP Kosher salt
½ TSP Black pepper
1 TB Canola oil
1 Egg
1 TB water
½ Cup all-purpose flour

Preheat oven to 400° F and place an oven rack towards the top third of the oven. Line a large baking sheet, or two medium ones, with aluminum foil and spray with cooking spray.

In a shallow dish place the flour. In another dish place one egg and beat it with 1 TB of water. In a third shallow dish, combine the panko, garlic powder, smoked paprika, oregano, salt, and pepper. Toss this mixture with 1 TB of canola oil.

Generously salt and pepper each piece of fish.

Lightly coat each piece of fish in the flour, then the egg, and finally in the panko. Press the panko crumbs gently into the fish until it is well coated. Place each piece on the foil lined baking sheet. Don't crowd the pan otherwise the fish will not crisp up.

Bake for 12 – 15 minutes until the fish easily flakes with a fork or has an internal temperature of about 170° F, turning halfway through cooking time.

Serve immediately with tortillas and slaw.

Cilantro Slaw

1-Pound cabbage, sliced (red, green or a mix, you can also buy prepackaged coleslaw mix)
½ Cup fresh cilantro, leaves only
Juice and zest from 1 lime
2 TB olive oil
Salt and pepper to taste

Combine all ingredients in a medium bowl. Season to taste and set aside. Can refrigerate overnight, if desired.

Chipotle Cream Sauce

- 1 Cup sour cream (8-ounce container)
- 1 Garlic clove, minced
- ½ TSP Cumin
- 1 TB Cilantro, chopped
- 1 TB Lime juice
- ½ - 1 TSP Chipotle chili in adobo sauce (start with ½ and add more if you want it spicier)

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



This is the chipotle chili I prefer.

Pineapple Salsa

½ Fresh pineapple, cut in ¼" dice
½ Bunch fresh cilantro, chopped fine
½ White onion, chopped fine
1 Jalapeño, deseeded and minced
Juice from 1 lime
Salt and pepper to taste

Combine all ingredients in a medium bowl. Cover and set aside.
(You can make one day ahead)

Elote (Mexican Street Corn)

Makes 1 serving

1 Ear, fresh corn
3 TB Cotija cheese
¼ TSP chili powder
2 TSP mayonnaise
Cilantro
Wedge of lime

Prepare the cheese by placing in a food processor and blend until it is finely ground. Place it in a shallow dish. Add the chili powder and stir until combined.

Wrap one ear of corn in a paper towel. Microwave the corn for 2 minutes on high. (If desired you can grill the corn on each side about 2 minutes) Smear the corn with mayonnaise. Roll the corn in the cheese mixture. Press gently to ensure the corn is well coated. Sprinkle with cilantro. Serve with lime.



This is the brand of cheese I buy.