



## Fall Fiesta Tacos

### Menu

Refried Lentil Nachos with Pico de Gallo and Mexican Crema

Flour Tortillas from Scratch

Chicken Tinga Tacos with Shredded Cole Slaw Avocado Cream

To access the class video cut and paste the following link into your browser:

[www.cookingthymewithstacie.com/video-class-purchase/falltn](http://www.cookingthymewithstacie.com/video-class-purchase/falltn)

# Shopping List

## Dairy

- 1 cup sour cream\*
- ½ cup Cotija cheese – to garnish nachos
- Mexican crema (it is a pourable sour cream) – or substitute extra \*sour cream

## Pantry

- 2/3 cups dried black lentils (I normally buy these at Whole Foods)
- 2 TB olive oil
- 1 TSP granulated sugar
- 3 cups all-purpose flour
- 2 TSP baking powder
- 6 TB vegetable shortening
- 1, 15-ounce can fire-roasted tomatoes, undrained (I normally buy Muir Glen)
- 3 TB chipotle sauce (add more if you prefer it spicier – if you cannot find the sauce, you can buy chipotle peppers in adobo sauce and use it)
- ½ cup chicken broth

## Produce

- 3 medium yellow onions
- 4 cloves garlic
- 6 - 8 Roma tomatoes, seeded and chopped, you need about 2 cups
- 1 bunch fresh cilantro
- 1 jalapeño
- 2 limes
- 1 large avocado
- 1 bag shredded coleslaw or cabbage – for taco garnish

## Protein

- 1 Rotisserie chicken, skin removed and meat shredded

(Alternate method – poach one-pound boneless, skinless chicken breasts then shred)

## Spices

- Salt and pepper
- 1 ½ TSP cumin
- 1/2 TSP black pepper
- 1/2 TSP chili powder
- 1 ¼ TSP oregano
- 1/4 TSP cayenne pepper
- 1 bay leaf

## Specialty

- Flour tortillas – if you do not plan to make them from scratch • Tortilla chips for the nachos

## Equipment List

### Electric

- Blender
- Food Processor

### Pots and Pans

- Cast iron skillet
- Large saucepan with lid
- Medium saucepan

### Utensils

- Can opener
- Chef's knife
- Colander
- Cutting board
- Measuring cups and spoons
- Mixing bowl
- Pastry blender (or 2 forks)
- 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.

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?”

- Prep the chicken by removing from the bone and shredding

## Refried Lentils

2/3 cups dried black lentils  
1 TB olive oil  
1 medium yellow onion, diced  
1 clove garlic, minced  
1 TSP granulated sugar  
1 TSP salt  
1 TSP cumin  
1/2 TSP black pepper  
1/2 TSP chili powder  
1/4 TSP oregano  
1/4 TSP cayenne pepper  
1 bay leaf

Rinse the dried lentils in a colander and drain. Place 3 cups of water, bay leaf and the dried lentils in a large saucepan. Bring it to a boil then lower the heat and simmer for 30 minutes. Drain and reserve the lentils.

In another saucepan, heat the oil and add the onions. Cook over medium heat 7 – 10 minutes or until softened and translucent. Add the garlic, sugar, salt, cumin, pepper, chili powder, oregano, cayenne pepper. Cook for 2 minutes. Add the cooked lentils and cook until heated through, about 5 minutes.

To serve: Pile some tortilla chips on a plate and top with refried lentils, Pico de gallo, Cotija cheese (crumbled) fresh cilantro and sour cream or Mexican crema\*

# 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. 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.

## Chicken Tinga

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 and some shredded coleslaw with a garnish of fresh cilantro and avocado cream.

## Pico de Gallo

6 – 8 Roma tomatoes (about 2 cups tomatoes, seeded 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.

## 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.