



Los Amigos Menu

Menu

Black Bean Soup
Tortilla Encrusted Tilapia
Jalapeño Tartar Sauce
Roasted Mexican Vegetables

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Shopping List

Dairy/Freezer

- Cotija cheese, crumbled for garnish

Pantry

- 6 TB olive oil
- 2 cups chicken broth
- 2 cans of black beans, including liquid
- 1 TB tomato paste
- 8 corn tortillas, cut up
- ½ cup all-purpose flour
- 2 TB taco seasoning
- ½ cup avocado oil mayo

Produce

- 1 large yellow onion, chopped fine
- 1 green pepper, chopped fine
- 4 cloves garlic, chopped fine
- 1 yellow pepper
- 2 Roma tomatoes, each cut into 6 wedges
- ½ red onion, sliced
- 1 cup potatoes (1/4" cubes, either 1 potato cut up or use frozen cubed hash browns)
- 1 zucchini (halved then sliced)
- 1 yellow squash
- 1 jalapeño, deseeded and minced
- 2 TSP fresh cilantro, minced
- Juice from ½ fresh lime

Protein

- 4 tilapia fillets

Spices

- Salt and pepper
- 2 TSP ground cumin
- 1 TSP dried oregano
- 1 TSP smoked paprika
- ½ TSP cayenne pepper
- 1 TSP onion powder
- 1 TSP garlic powder

Specialty

- ¼ cup sherry (I use Fino)

Equipment

Baking

- Large rimmed baking sheet

Electric

- Immersion blender (or regular blender)
- Food processor

Pots and Pans

- 12” non-stick skillet
- Large Dutch oven

Utensils

- Can opener
- Chef’s knife
- Cutting board
- Measuring cups and spoons
- Mixing bowl
- Three dishes for dredging fish

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.

- Thaw fish if frozen
- Peel and cut up potato if not using precut hash browns
- Prepare 2 cups chicken broth

Black Bean Soup

3 TB olive oil
1 large yellow onion, chopped fine
1 green pepper, chopped fine
3 cloves garlic, chopped fine
2 cups chicken broth
2 cans of black beans, including liquid
1 TSP ground cumin
1 TSP dried oregano
1 TB tomato paste
¼ cup sherry (I use Fino)
Salt and pepper to taste
Cotija cheese, crumbled for garnish

Heat the oil in a large Dutch oven over medium heat. Add the onion, green pepper, and garlic. Cook about 7 – 10 minutes, or until the vegetables are softened.

Combine one can of beans and its liquid with the chicken broth. Purée until very smooth with an immersion blender or in a blender.

Add the cumin and oregano to the onion mixture and cook for about 1 minute, until fragrant. Add the tomato paste and cook an additional minute. Stir in the can of black beans and the purée. Bring to a boil over high heat. Reduce the heat and simmer about 10 minutes. Stir in the sherry. Salt and pepper the soup to taste. Serve garnished with Cotija cheese.

Tortilla Encrusted Tilapia with Jalapeño Tartar Sauce

4 Servings

1 TSP smoked paprika
1 TSP cumin
½ TSP cayenne pepper
1 TSP onion powder
1 TSP garlic powder
8 corn tortillas, cut up

2 eggs
½ cup all-purpose flour
4 tilapia fillets
Salt and black pepper

In the bowl of a food processor pulse, paprika, cumin, cayenne, onion powder and garlic powder with the tortillas. Keep pulsing until the tortillas resemble bread crumbs.

Set up your breading station: first shallow dish with all-purpose flour, second dish with 2 eggs, beaten and the third dish with the tortilla mixture.

Generously salt and pepper both sides of each fish fillet. Bread the fish by dredging in the flour, then the eggs and finally in the tortillas. Place on a large platter.

Heat 2 TB olive oil over medium heat in a large non-stick skillet. Place the breaded fish in the pan and cook 3 – 4 minutes per side, until golden brown, flip. Continue to cook 2 – 3 minutes more on second side. Remove and serve with tartar sauce.

Jalapeño Tartar Sauce
½ cup avocado oil mayo
1 jalapeño, deseeded and minced
1 clove garlic, minced
2 TSP fresh cilantro, minced
Juice from ½ fresh lime

Combine all the ingredients in a bowl and whisk until smooth.

Mexican Roasted Vegetables

1 yellow pepper, sliced
2 Roma tomatoes, each cut into 6 wedges
½ red onion, sliced
1 cup potatoes (1/4" cubes, either 1 potato cut up or use frozen cubed hash browns)
1 zucchini (halved then sliced)
1 yellow squash (halved then sliced)
3 TB olive oil
2 TB taco seasoning

Preheat oven to 400° F.

In a large bowl toss all the ingredients together, be sure to coat well. Pour out onto large rimmed baking sheet. Move veggies until there is a single layer on the baking pan.s

Place the pan in the oven and roast about 25 minutes, stirring once about half way through cooking.