



COOKING CLASSES
AT SUR LA TABLE

TEX-MEX STYLE ENCHILADAS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- 2 pounds boneless, skinless chicken thighs

Produce

- 3 medium-large onions
- 1-2 ears of corn, or 1 cup frozen or canned corn
- 9 large garlic cloves
- 2 jalapeno
- 1 poblano chile
- 1 red bell pepper
- 3 limes
- 2 bunches cilantro
- 12 ounces tomatillos (see recipe for substitutions)
- 4 radishes, or 1 small bunch

Dairy/Refrigerated

- 4 ounces cotija or queso fresco
- ½ cup Mexican crema or sour cream

Pantry Items

- Vegetable oil
- Kosher salt
- Freshly ground black pepper
- Chile powder
- Ground cumin
- Ground coriander

Dry/Canned Goods

- 1, 15-ounce can black beans
- 8 large corn or flour tortillas

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef knife
- Cutting boards
- Paring knife

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Mixing bowls, various sizes
- Can opener
- Microplane zester
- Citrus press or reamer, optional
- Colander or fine mesh strainer
- Wooden spoons
- Tongs
- Forks
- Oven mits
- Ladle or spoon

Cookware

- Large skillet
- Large skillet or large straight-sided skillet with lid

Appliances

- Blender or food processor

Bakeware

- Rimmed baking sheet
- 9x13-inch baking dish

Pre-Class Mise en Place and Notes

- Please gather all ingredients before class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

All Recipes

1. Wash and dry produce.
2. Thaw and drain any frozen produce.
3. Remove chicken from refrigerator and set on counter 30 minutes before class

TEX-MEX STYLE CHICKEN VERDE ENCHILADAS

Yield: 4 servings

Substitute canned or frozen tomatillos if fresh cannot be found, add them to the blender with the charred onion, garlic, and poblano pepper.

Chicken filling:

*1/2 teaspoon chile powder
1/2 teaspoon ground cumin
1 tablespoon kosher salt
2 pounds boneless, skinless chicken thighs, trimmed
1 tablespoon vegetable oil
1 large white onion, cut into quarters, divided
4 garlic cloves, chopped*

Verde sauce:

*1 teaspoon vegetable oil
12 ounces fresh tomatillos, husks removed
1 medium yellow onion, quartered
1 poblano chile
4 garlic cloves
1 teaspoon kosher salt, plus more to taste
1/2 to 1 jalapeño pepper, seeded and roughly chopped
1 cup fresh cilantro leaves
1 teaspoon ground cumin
1/2 teaspoon ground coriander*

Assembly:

*8 corn or flour large tortillas
4 ounces cotija cheese or queso fresco, crumbled
4 radishes, cut into julienne
1/2 cup Mexican crema or sour cream
1 lime, cut into 8 wedges
1/4 cup fresh cilantro leaves, roughly chopped*

1. **To prepare the chicken filling:** To a small bowl, add the chile powder, ground cumin and salt. Stir to combine. Sprinkle mixture over the chicken and rub to coat completely.

2. To a large saucepan or straight-sided skillet with a lid set over medium-high heat, add oil. When oil is hot and shimmering, add the chicken. Sear on the first side until golden brown and until it releases from the pan, flip and repeat on the second side, about 4 minutes per side. When the chicken is browned on both sides add the quartered onion and 4 garlic cloves. Cover with enough water to come halfway up the chicken, bring to a boil. Cover pan and reduce heat to medium-low. Simmer the chicken mixture

until the chicken is tender and can be shredded, about 25 minutes.

3. When the chicken is tender, remove pan from the heat. Allow the mixture to cool slightly. Transfer the chicken and onion to a cutting board, reserving the cooking liquid and garlic in the pan. Using your hands or two forks, shred the chicken and return to the pan. Roughly chop the onion and return to the pan. Stir the filling, taste, and adjust the seasoning with salt.

While the chicken simmers, turn on the broiler and adjust the upper rack to the upper 2/3 position in the oven.

4. **To prepare the verde sauce:** To a rimmed baking sheet, add oil, tomatillos, onion, poblano, and garlic. Toss to evenly coat with oil, adding more if necessary. Transfer to broiler and cook until the outsides of the produce are blistered and charred slightly, about 3 minutes. Carefully turn the ingredients and repeat until all sides are blistered and charred. Set aside to cool.

5. When the ingredients are cool enough to handle, scrape the charred skin from the poblano pepper and remove the stem and seeds. To the bowl of a blender, add the poblano pepper, charred onion, tomatillos, and garlic. Place the lid on the blender, venting slightly to allow steam to escape. Pulse until blended. Add jalapeño, cilantro leaves, cumin, and coriander. Pulse to blend, adding water if needed. Taste and adjust seasoning with salt and additional jalapeño if desired.

Adjust oven temperature to 375°F and adjust the rack to the middle position in the oven.

6. **To assemble:** To a 9 x 13-inch baking dish, add 1 cup of the verde sauce and spread to evenly coat the bottom of the pan. Divide the filling evenly between the 8 large tortillas, laying the filling in a line down the center of each tortilla, leaving a 1-inch gap between the filling and sides. Wrap the two sides over the filling, then bring up the bottom to cover 1/3 of the filling. Continue to roll the tortilla until the filling is enclosed. Place the rolled tortillas seam-side down in the baking dish, top with the sauce; repeat with the remaining filling and tortillas. Cover the enchiladas evenly with the remaining sauce. Top with the enchiladas with crumbled cheese and transfer to the oven. Bake until the cheese is melted and the sauce is bubbling, about 25 minutes.

7. **To serve:** Divide enchiladas between plate, garnish with julienned radish, cilantro and crema. Add a lime wedge to each plate and serve immediately.

Recipe Serve Later Instructions:

- **Chilling instructions:** Enchiladas can be kept chilled in the refrigerator for up to 5 days before serving. **To serve:** Heat the oven to 375°F. Transfer covered pan to the oven and bake for 20 minutes. Carefully uncover and bake for an additional 5 to 10 minutes, or until the cheese is melted and the sauce is bubbling. Then follow directions starting step 7 of the recipe.
- **Freezing Instructions:** Chill enchiladas overnight in the refrigerator, then transfer to the freezer. Enchiladas can be kept frozen for up to 1 month. **To heat:** Enchiladas can be heated from frozen. Heat the oven to 375°F, transfer covered frozen enchiladas to the oven, bake for 40 minutes, then uncover and bake until the cheese is melted and sauce is bubbling. Insert a digital thermometer in the center of the dish to check the temperature, it should read 165°F. Then follow directions starting step 7 of the recipe.

SAUTÉED CORN, RED PEPPER AND BLACK BEANS

Yield: 4 side dish servings

This versatile side dish is a crowd-pleaser. This is just as delicious served as a filling for a vegetarian taco, or cooled down and served with tortilla chips.

2 tablespoons vegetable oil
1 medium yellow onion, cut into 1/4 inch dice
1 cup frozen corn, thawed and drained
1 large garlic clove, minced
1 jalapeño chile, seeded and minced
1 (15 ounce) can black beans, rinsed and drained
1 medium red bell pepper, cut into 1/4 inch dice
1 teaspoon lime zest
2 tablespoons lime juice
1/4 cup minced fresh cilantro
Kosher salt and freshly ground black pepper

1. To a large skillet set over medium-high heat, add oil. When the oil is hot and shimmering, add the onion and corn. Cook, stirring often until browned, about 5 minutes. Add garlic and jalapeño, cook, stirring often until fragrant, about 1 minute. Add black beans and bell pepper, cook until heated through, about 4 minutes. Remove from heat and add lime zest, juice, and cilantro. Taste and adjust seasoning with salt and pepper.

Recipe Serve Later Instructions:

- **Chilling instructions:** This dish can be kept chilled in the refrigerator for up to 7 days. Serve cold, or reheat in a saucepan or skillet over medium heat until warm. Add lime zest, juice, and cilantro. Taste and adjust seasoning with salt and pepper.
- **Freezing instructions:** It is not recommended to freeze this dish. See headnote of the recipe for various serving ideas.