



COOKING CLASSES
AT SUR LA TABLE

HOMEMADE SUMMER TACOS

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

- 2 avocados
- 1 bunch radishes
- 2 bunches cilantro
- 6 limes
- 1 pound tomatillos
- 1 large yellow onion
- 2 jalapeno peppers
- 1 garlic clove
- 1 medium-large watermelon
- 1 package fresh mint

Dairy/Refrigerated

- 2 TBSP lard, unsalted butter, or oil

Pantry Items

- Kosher salt
- Vegetable oil
- Black pepper
- Granulated sugar

Dry/Canned Goods

- 1 ½ cups masa harina (see recipe for substitutions)
- 1 cup low-sodium chicken broth or water

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife
- 2 cutting boards

Hand Tools/Gadgets

- Mixing bowls (various sizes)
- Measuring cups and spoons
- Tortilla press (see recipe for alternate methods of pressing tortillas)
- Metal or heat-safe spatula
- Tortilla warmer or clean kitchen towel
- Tongs
- Wooden spoon
- Citrus juicer or reamer

Cookware

- Large Dutch oven or large saucepan
- Griddle or large skillet

Appliances

- Blender or immersion blender

Bakeware

- Rimmed baking sheet

Tabletop

- Serving plates and bowls

Other

- Aluminum foil or silicone baking mat
- Plastic wrap
- Paper towels

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to 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.

Handmade Corn Tortillas

1. If using butter or lard, melt 2 tablespoons of your choice and set aside.

Watermelon Agua Fresca

1. Wash and dry produce.

Chicken and Tomatillo Salsa Tacos

1. Set chicken on plate on counter 30 minutes before class.
2. Wash and dry produce

CHICKEN AND TOMATILLO SALSA TACOS

Yield: 12 tacos

2 pounds boneless, skinless chicken thighs, trimmed
Kosher salt and freshly ground black pepper
1 tablespoon vegetable oil
1 cup Charred Tomatillo Salsa (recipe included)
1 cup low-sodium chicken broth or water, warmed

For serving:

12 corn tortillas, warmed (recipe included)
2 avocados, diced
1/2 cup radishes, thinly sliced
1/2 cup fresh cilantro, chopped
Charred Tomatillo Salsa (recipe follows)
Lime wedges

1. Pat chicken dry with paper towels and season with salt and pepper.
2. To a large Dutch oven or heavy saucepan set over medium heat add oil. When oil is hot and shimmering, add chicken working in batches if necessary. Sear on first side until browned, about 5 minutes. Flip and cook on second side until browned, about 5 minutes. Repeat with remaining chicken if necessary.
3. Add 1 cup of salsa and broth to the chicken and stir to coat. Cover with lid and simmer until tender, about 20 minutes.
4. Transfer the chicken, with the braising liquid, to a shallow bowl. Shred using 2 forks. Taste and adjust seasoning with salt, pepper, and lime.
5. **To serve:** Fill each tortilla with chicken and top with avocado, radishes, and cilantro. Serve with remaining tomatillo salsa and lime wedges on the side.

CHARRED TOMATILLO SALSA

Yield: *about 2 1/2 cups*

Add more jalapeño or leave the seeds in if you like a spicier salsa.

1 pound tomatillos, husked, rinsed, and halved
1 large yellow onion, cut into 1 1/2 inch chunks
2 medium jalapeño peppers, seeded and chopped
1 garlic clove, chopped
2 tablespoons fresh lime juice, plus more to taste
1 1/2 cups fresh cilantro leaves, loosely packed
2 teaspoons kosher salt, plus more to taste

1. Preheat oven to broil with the rack in the position closest to the top. Place tomatillos and onions on a foil-lined baking sheet and broil until blistered and beginning to soften, about 8 minutes. Stir tomatillos and onion halfway through to ensure even charring. Remove from the oven and cool to room temperature.
2. To the food processor fitted with a metal blade, add the charred tomatillos and onion, jalapeño, garlic, lime juice, cilantro, and salt; pulse to blend to desired consistency. Taste and adjust seasoning with salt and additional lime juice.

FRESH HANDMADE CORN TORTILLAS

Yield: 12, 5 to 6-inch tortillas

Tortillas can be made simply with flour and water but adding a bit of fat greatly improves flavor and texture. Lard, butter, and oil will all yield great results, so use what is on hand or experiment with your favorite fat.

1 1/2 cups masa harina, plus more for dusting
1/2 teaspoon fine kosher salt
2 tablespoons fat (melted lard, butter, or vegetable oil)
1 cup hot water, plus more as needed

1. **To prepare the masa:** To a large mixing bowl, combine masa, salt, and fat. Thoroughly combine by mixing with your fingers or a whisk. Slowly stream in water mixing with your hands or a wooden spoon until dough comes together into a ball. Turn dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide dough into 12, 1-ounce portions and form each into a smooth ball. Place masa balls on a baking sheet, cover with plastic wrap and rest for 30 minutes.

2. After dough has rested, preheat a cast-iron skillet or griddle over medium-high for 5 minutes, then reduce heat to medium.

3. **To shape dough:** If dough has dried slightly during resting, wet your hands and roll each ball again to moisten. Place dough between 2 sheets of plastic wrap and place directly in center of tortilla press. Press down firmly, then re-center dough and press again, repeating 1 to 2 more times or until tortilla is 1/8 inch thick. Transfer formed tortillas to a baking sheet and cover with plastic wrap. Shape several more tortillas.

4. **To cook tortillas:** To preheated cast-iron skillet set over medium heat, place raw tortillas into pan, a few at a time. Cook tortillas until brown spots appear on bottom, about 1 minute. Flip tortillas and cook opposite side. Transfer cooked tortilla to a baking sheet and cover with a damp towel or plastic wrap to trap in heat and moisture. Press next batch of dough and cook in hot skillet. Once you get the hang of it, transfer pressed tortillas straight into hot skillet and start pressing next batch while cooking previous batch.

5. When ready to serve, reheat tortillas, wrapped in foil, in a 350°F oven for 10 minutes. Refrigerate tortillas tightly wrapped in plastic for up to 2 days or transfer to a plastic freezer bag and freeze for up to 2 months.

Corn Tortilla variations:

- If you do not have a tortilla press, use a cutting board wrapped in plastic wrap as a base, then roll out dough with a rolling pin. Alternatively, press tortillas using a flat-bottomed heavy skillet.

Masa Harina Substitutions:

- Masa Preparada (prepared masa dough).

If you cannot find masa harina or masa preparade please purchase your favorite 4-inch flour or corn tortilla. Iceberg, green leaf, or bibb lettuce leaves also make great taco shells in a pinch.

WATERMELON AGUA FRESCA

Yield: 4 servings

Agua Fresca, “cool waters” in English, is a light refreshing drink served throughout Mexico. Popular flavors include cinnamon and rice horchata, tart hibiscus, or seasonal fresh fruit like the one we created with watermelon and a hint of lime.

4 cups water

6 cups watermelon

1/4 cup lime juice, plus more to taste

1/3 cup granulated sugar, plus more to taste

1 cup fresh mint leaves

Pinch of kosher salt

1. Place all ingredients in the pitcher of a blender and secure with lid. Turn machine on and slowly increase speed to high. Use tamper to press ingredients into blades and blend until smooth. *(If the mixture is too thick to blend, add more water, a few tablespoons at a time, until the contents blend smoothly.)* Taste and adjusting seasoning with lime juice and sugar.

2. Serve immediately over ice.

Watermelon Agua Fresca variations:

- To make a spiked agua fresca: add 2 to 3 ounces of tequila, rum or vodka to each serving of aqua fresca.