



COOKING CLASSES
AT SUR LA TABLE

HOMEMADE TACO FEAST

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

- 1/2 pound Mexican chorizo or bulk spicy Italian sausage

Produce

- 2 large poblano peppers
- 1/2 cup fresh or frozen corn kernels
- 2 small white onions
- 1 medium garlic clove
- 3 limes
- 1 bunch fresh cilantro
- 1 medium russet potato

Dairy

- 2 tablespoons lard, unsalted butter, or vegetable oil
- 3 tablespoons Crema Mexicana or sour cream
- 1/2 cup queso fresco or cotija cheese

Pantry Items

- Kosher salt
- Vegetable oil
- Ground cumin

Dry/Canned Goods

- 1 1/2 cups masa harina (see recipe for substitutions)

Equipment Needed

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

Cutlery

- Chef's knife
- Paring knife
- Cutting board

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 spoons
- Colander
- Silicone spatula
- Citrus juicer or reamer

Cookware

- Cast-iron skillet or griddle
- Large skillet
- Dutch oven or medium saucepan
- Stockpot or large saucepan

Bakeware

- Rimmed baking sheet

Other

- Plastic wrap
- Aluminum foil

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.

Tacos De Rajas Con Queso Fresco

1. If using frozen corn, 30 minutes prior to class place in a colander and thaw.
2. Wash and dry produce.

Potato And Chorizo Tacos

1. Wash and dry produce.

FRESH HANDMADE CORN TORTILLAS

Yield: 12, 5 to 6-inch tortillas

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

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

- 1. To prepare 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 while 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 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 tortilla and press again, repeating 1 to 2 more times or until tortilla is 1/8" 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 hot pan, a few at a time. Cook tortillas until brown spots appear on bottom, about 1 minute. Flip tortillas and cook on 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, wrap tortillas in foil and reheat in a 350°F oven for 10 minutes. You can store tortillas tightly wrapped in plastic in refrigerator for up to 2 days.

Recipe variations:

- If you do not have a tortilla press, cut a plastic storage bag in half so that you have 2 equal pieces. Place one piece on a flat surface, place a masa round in center and top with second piece of plastic. Press until flat using the flat bottom of a skillet.

Masa harina substitutions:

- Masa Preparada (prepared masa dough).
- If you cannot find masa harina or masa preparada please purchase your favorite 4" flour or corn tortilla.

TACOS DE RAJAS CON QUESO FRESCO

Yield: 6 tacos

Aside from a little time taken to roast and peel the peppers, this dish is a quick and delicious accompaniment to any Mexican meal. You can roast and peel your peppers ahead and keep them refrigerated or frozen until needed.

2 large poblano peppers
1/2 cup fresh or frozen corn, thawed and drained
1 small white onion, sliced into 1" rings
1 tablespoon vegetable oil
1 medium garlic clove, minced
1/2 teaspoon ground cumin
1/4 teaspoon kosher salt, plus more to taste
3 tablespoons Crema Mexicana or sour cream, plus more for serving
2 teaspoons fresh lime juice
2 tablespoons fresh cilantro leaves, chopped, plus more for serving
1/2 cup crumbled queso fresco or cotija cheese, plus more for serving
1/2 recipe Fresh Homemade Corn Tortillas (recipe included)

Preheat oven to broil and position a rack in the closest position to the broiler. Line a baking sheet with aluminum foil.

- 1. To roast filling:** Transfer whole poblanos to prepared baking sheet. Roast peppers, turning every 2 to 3 minutes until skin is charred evenly. Repeat process with corn and onion, charring just around edges, 3 to 4 minutes per side. *(This process would also work well on an outdoor grill, gas burner, or very hot grill pan with good ventilation.)* Transfer corn to a bowl and onions to a cutting board to cool.
2. Transfer charred peppers to a large bowl, cover with plastic wrap and let steam for 10 minutes. Once onions are cool enough to handle, roughly chop and add to bowl with corn.
- 3. To peel poblanos.** Halve peppers lengthwise, discard seeds and use a knife to scrape off remaining charred skin. Cut into 1/4 by 1" strips and add to bowl with corn and onions.
- 4. To prepare rajas:** To a large skillet set over medium-high heat, add oil. Add garlic and cumin and cook until fragrant, about 30 seconds. Add peppers, corn, onion and salt; toss to combine and cook for 3 to 5 minutes to soften onion. Remove from heat and fold in crema, lime juice, cilantro and half of the queso fresco. Taste and adjust seasoning with additional salt.
- 5. To serve:** Transfer rajas to a serving dish and top with a drizzle of crema, remaining cilantro and queso fresco. Serve with warm tortillas.

Recipe variations:

- **Substitutions for poblano peppers:** Anaheim pepper or a combination of one bell pepper and one jalapeño pepper.

POTATO AND CHORIZO TACOS

Yield: 6 tacos

1 medium russet potato, peeled and cut into 1/2" dice
Kosher salt, as needed
1 tablespoon vegetable oil
1/2 pound fresh Mexican chorizo (not dried Spanish chorizo) or spicy Italian bulk sausage

1 small white onion, minced
1/4 cup fresh cilantro leaves, roughly chopped
1 lime, each cut into 3 wedges
1/2 recipe Fresh Homemade Corn Tortillas (recipe included)

1. **To prepare filling:** To a 2-quart saucepan set over medium heat, add diced potato and enough cold water to cover by 1". Bring water to a boil and generously season with salt. Once water comes to a boil, remove from heat. Strain potatoes through a colander and transfer to a baking sheet to cool.
2. To a Dutch oven set over medium heat, add oil. When oil is shimmering, add chorizo and cook until it is crumbly and has completely rendered its fat, about 8 to 10 minutes.
3. Add potato to Dutch oven and stir to combine. Continue cooking mixture until potato is just tender, about 7 minutes. Taste and adjust seasoning with salt. Cover and keep warm.
4. **To assemble tacos:** Evenly distribute chorizo-potato filling among tortillas. Top with minced onion and chopped cilantro. Serve with fresh lime wedges.

Introduction to tacos

THE INGREDIENTS

The ingredients below should be available in most well-stocked grocery stores. Mexican markets will carry the same ingredients but with increased variety and freshness.

Cumin: This spice has been around since the beginning of history. Its origin lies somewhere in the Mediterranean but has expanded in popularity because it is easily grown all over the world. Cumin has a toasty yet somewhat bitter taste and gives Mexican dishes a certain flavor that can't be replaced.

Chiles: Used both fresh and dried in Mexican cuisine. While famous for spice, it's the white veins and seed pods that are the hottest part and pack a punch. Mexicans like to distinguish between heat and flavor, something that can be lost on the untrained palate. Sometimes dried chiles have a different name than that of the same chile in the fresh form. Popular varieties of chiles are jalapeño, poblano, serrano, guajillo, chipotle, pasilla, habanero, ancho and mulato.

Lard: Is rendered pork fat. For decades, the use of lard has been highly discouraged for its connection to a great number of health issues. As of late, lard is experiencing a comeback. Lard is pure unadulterated fat, therefore not made of hydrogenated oils. And surprising to many, lard has less saturated fat than butter.

Masa harina: Ground flour made from hominy, most commonly used for making tortillas. Other common uses for masa harina are making sopas and tamales.

Mexican Oregano: Like many other herbs, oregano comes from the mint family. Mexican oregano is stronger in flavor and less sweet than Mediterranean oregano.

Poblano chile: A chile pepper originating in the state of Puebla, Mexico. Dried, it is called an ancho chile. While poblanos tend to have a mild flavor, occasionally and unpredictably, they can have significant heat.

Queso fresco: Translates to "fresh cheese" and serves as a perfect complement to a variety of dishes, by either providing contrast to heavier dishes like sopas, enchiladas, or huevos rancheros, or by complementing something equally light, like salads or grilled vegetables.

Tomatillos: Originated in Mexico and are a staple in Mexican cuisine. Tomatillos are tart and often used in green salsas and sauces. The tomatillo fruit is surrounded by an inedible, paper-like husk that must be removed. The fruit is often slightly sticky and should be rinsed to remove any dirt or particles before using.

Crema Mexicana: Is a cultured cream similar to sour cream but creamier and sweeter like crème fraîche. Crema Mexicana also has a pourable consistency, making it the perfect garnish for soups, enchiladas, sopas and tacos.