



COOKING CLASSES
AT SUR LA TABLE

CARNE ASADA FAJITAS

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 skirt steak (substitute flank steak if skirt cannot be found)

Produce

- 2 or 3 navel or sour oranges
- 5 limes
- 8 garlic cloves
- 2 bunches cilantro
- 1 avocado
- 1 small white onion
- 4 ears fresh corn (substitute 3 cups frozen corn if fresh if unavailable)
- 1 bunch green onions
- 1 jalapeno pepper

Dairy/Refrigerated

- 2 TBSP mayonnaise
- 2 ounces cotija or feta cheese
- 2 TBSP lard, butter, or vegetable oil

Pantry Items

- Olive oil
- Vegetable oil
- Soy sauce
- Asian fish sauce
- Dark brown sugar
- Kosher salt

Dry/Canned Goods

- 3 whole dried ancho chiles
- 3 whole dried guajillo chiles
- Small can chipotle peppers in adobo
- 1 TBSP whole cumin seeds
- 1 tsp whole coriander seeds
- Chili powder or red pepper flakes
- 1 3/4 cups masa harina

Equipment Needed

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

Cutlery

- Chef knife
- Paring knife
- Cutting boards

Hand Tools/Gadgets

- Measuring cups and spoons
- Liquid measuring cups
- Citrus press or reamer
- Spice grinder or mortar and pestle
- Mixing bowls, various sizes
- Tongs
- Wooden spoon
- Silicone spatula
- Digital thermometer
- Whisk
- Flexible turner
- Tortilla press (see recipe for alternate methods of pressing tortillas)

Cookware

- Medium skillet
- Indoor grill pan, or recipe options to grill outside.
- Large skillet
- Cast iron skillet or griddle

Appliances

- Blender or immersion blender with carafe

Bakeware

- Baking sheet

Tabletop

- Serving platters and bowls

Other

- Container or large bag for marinating meat
- Plastic wrap or beeswax sheets
- Clean kitchen towels or tortilla warmer

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.

Handmade Corn Tortillas

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

Carne Asada

1. This is the first recipe of the class, please have ingredients, medium skillet, and blender set out.

CARNE ASADA

Yield: 6 servings

We can all agree on a few things here: Great carne asada should taste, first, of the beef. It should be buttery, rich, and juicy, with a nice charred, smoky flavor from the grill or broiler. It should also be tender enough that you can eat it in a taco or burrito, but substantial enough to be served as a steak and eaten with a knife and fork. Finally, the marinade should have a good balance of flavors, with no single ingredient overwhelming any other. This recipe produces the carne asada of my childhood dreams.

3 whole dried ancho chilies, stems and seeds removed

3 whole dried guajillo chilies, stems and seeds removed

2 whole chipotle peppers, canned in adobo

3/4 cup fresh juice from 2 to 3 oranges, preferably sour oranges

2 tablespoons fresh juice from 2 to 3 limes

2 tablespoons extra-virgin olive oil

2 tablespoons soy sauce

2 tablespoons Asian fish sauce, such as Red Boat

6 medium cloves garlic

1 small bunch cilantro, leaves, and tender stems only, divided

1 tablespoon whole cumin seed, toasted and ground

1 teaspoon whole coriander seed, toasted and ground

2 tablespoons dark brown sugar

Kosher salt

2 pounds skirt steak (2 to 3 whole skirt steaks), trimmed and cut with the grain into 5- to 6-inch lengths (see note)

Warm corn or flour tortillas, lime wedges, diced onion, fresh cilantro, and avocado, for serving

1. Place dried ancho and guajillo chilies on a microwave-safe plate and microwave until pliable and toasty-smelling, 10 to 20 seconds. *Alternatively, add to a skillet set over medium heat and cook until toasted, a few minutes.* Transfer to the jar of a blender and add chipotle peppers, orange juice, lime juice, olive oil, soy sauce, fish sauce, garlic, cilantro, cumin seed, coriander seed, and brown sugar. Blend until a smooth sauce has formed, about 1 minute. Season to taste with salt. Transfer half of the salsa to a large bowl and the other half to a sealed container. Set aside the sealed container in the refrigerator.

2. Add an extra 2 teaspoons of salt to the salsa in the bowl. It should taste slightly saltier than is comfortable to taste. Add 1 piece of steak to bowl and turn to coat. Transfer to a gallon-sized zipper-lock bag with the top folded over to prevent excess sauce and meat juices from contaminating the seal. Repeat with remaining steak, adding it all to the same bag. Pour any

excess marinade over the steak. Squeeze all air out of the bag and seal. Refrigerate for at least 1 hour and up to overnight.

3. When ready to cook, remove the extra salsa from the fridge to allow it to warm up a little. Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and arrange the coals on one side of the charcoal grate. Set cooking grate in place, cover grill, and allow to preheat for 5 minutes. Alternatively, set half the burners on a gas grill to the highest heat setting, cover, and preheat for 10 minutes. Clean and oil the grilling grate. Or heat a large grill pan over medium-high heat, and turn on the indoor range vent.

4. Remove steak from marinade and wipe off excess. Place directly over the hot side of the grill. If using a gas grill, cover; if using a charcoal grill, leave exposed. Cook, turning occasionally, until steak is well charred on outside and center registers 110°F on an instant-read thermometer, 5 to 10 minutes total. Transfer to a cutting board and allow to rest for 5 minutes. Slice thinly against the grain and serve immediately, passing extra salsa, lime wedges, avocado, onions, cilantro, and tortillas on the side.

Recipe variations:

This marinade is also delicious on chicken and served as a sauce on seafood and vegetables.

MEXICAN STREET CORN

Yield: 4 servings

Note from Sur La Table Test Kitchen: if fresh corn is not available, use 3 cups of frozen corn. You don't need to thaw the frozen corn before proceeding with the recipe. Traditionally you would get a whole ear of corn from a street vendor. This method makes the eating process a bit easier while at home.

1 tablespoon vegetable oil

4 ears fresh corn, shucked, kernels removed (about 3 cups fresh corn kernels)

Kosher salt

2 tablespoons mayonnaise

2 ounces feta or cotija cheese, finely crumbled

1/2 cup finely sliced scallion greens

1/2 cup fresh cilantro leaves, finely chopped

1 jalapeño pepper, seeded and stemmed, finely chopped

1 to 2 medium cloves garlic, pressed or minced on a microplane grater (about 1 to 2 teaspoons)

1 tablespoon fresh juice from 1 lime

Chili powder or hot chili flakes, to taste

1. Heat oil in a large non-stick skillet or wok over high heat until shimmering. Add corn kernels, season to taste with salt, toss once or twice and cook without moving until charred on one side, about 2 minutes. Toss corn, stir, and repeat until charred on the second side, about 2 minutes longer. Continue tossing and charring until well charred all over, about 10 minutes total. Transfer to a large bowl.

2. Add mayonnaise, cheese, scallions, cilantro, jalapeño, garlic, lime juice, and chili powder and toss to combine. Taste and adjust seasoning with salt and more chili powder to taste. Serve immediately.

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 sea salt
2 tablespoons fat (melted lard, butter, or vegetable oil)
1 cup hot water, plus more as needed

- 1. To prepare the masa:** Place masa and salt in a bowl and thoroughly combine with the fat, mixing with fingers or a whisk. Slowly stream in the water while mixing with your hands or a wooden spoon until the dough comes together into a ball. Turn the dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide the dough into 12, 1-ounce portions and form each into a smooth ball. Place masa balls on a baking sheet, cover with plastic, and rest for 30 minutes.
2. After the dough has rested, preheat a cast iron skillet over medium-high for 5 minutes, then reduce heat to medium.
3. If the dough has dried slightly during resting, wet hands and roll each ball again to moisten. Place the dough between 2 sheets of plastic wrap and place directly in the center of the tortilla press. Press down firmly, then turn the tortilla 90° and press again, repeating 1 to 2 more times or until the tortilla is evenly 1/8 inch thick.
4. If the raw tortilla cracks or breaks, do not worry: just grab another piece of dough and start again. Holding the tortilla flat in your palm, carefully peel the plastic away and transfer tortilla into the hot skillet. Cook the tortilla until brown spots appear on the bottom, about 1 minute. Flip with a thin metal spatula and repeat on the other side. Transfer tortilla to a baking sheet and cover with a damp towel to trap in the heat and moisture. Reuse the plastic for your next tortilla; it will become more pliable with every pressing. Once you get the hang of it, transfer the pressed tortilla straight into the hot skillet and start pressing the next one while the first is cooking.
5. When ready to serve, reheat the tortillas, wrapped in foil, in a 350°F oven for 10 minutes. You can store the tortillas tightly wrapped in plastic in the refrigerator for up to 2 days.

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.