

Mexican Cooking Class

With Michael Reed

October 29 2010, 4-6pm



Tinga Poblana

Ingredients - Serves 4

- 8 Roma tomatoes
- 1 medium white onion
- 3 cloves garlic
- 150 g chorizo (casing removed)
- 250 g shredded pork (can also use beef or chicken)
- 1/2 L chicken broth
- 2 Bay leaves
- Thyme
- Salt
- 2 chipotle chiles en adobo
- Queso Fresco
- Tortillas

Preparation

- 1- Boil pork (shoulder or Boston butt) in water or broth until cooked through. When cool, shred with fork or fingers.
- 2- Cut tomatoes into eighths and onion into 5 mm slices. Mince garlic and cut chorizo into small cubes.
- 3- Fry garlic, chorizo, and onion until onion turns transparent. Add tomatoes; fry until they break.
- 4- To this add the shredded beef or pork, broth, bay leaves, and thyme. Bring to a boil, reduce heat and cook for 5 minutes. Taste for seasoning; add salt as necessary.
- 5- Add chipotles en adobo and cook for 10 more minutes. (Add liquid as needed.)
- 6- Serve tinga garnished with crumbled queso fresco on hot corn tortillas.



Salsa Roja

Ingredients – Serves 4-6

- 1 kg Roma tomatoes
- 3 - 4 chipotle chiles (dried; or use canned chiles en adobo)
- 3 cloves garlic, unpeeled
- Salt

Preparation

- 1- Heat a cast iron skillet until very hot. Roast the garlic until papery covering turns black, about 10 minutes. Cool and peel.
- 2- Slit chiles along the long dimension and flatten. (If desired, remove seeds and ribs to make the salsa less spicy.) Toast the chiles, one at a time, on the skillet for a few seconds (no more). Soak toasted chipotles in warm water for 30 minutes. Remove chipotles from soak; discard soaking water. (If dried chipotles are not available, canned chiles en adobo are an acceptable substitute.)
- 3- Line a large cookie sheet with aluminum foil. Wash tomatoes and place on sheet. Roast tomatoes under the broiler until skin turns black; turn with tongs and roast other side (approximately 12 minutes).
- 4- Combine tomatoes (including the skins and any juices released during the roasting), chiles, garlic, and approximately 1 tsp salt in a blender. Blend with water (if needed) to the desired consistency. Taste for salt. Serve with totopos.



Salsa Verde

Ingredients Serves 4-6

- 1/2 kg tomatillos
- 1/2 medium white onion, sliced
- 5 - 10 serrano chiles
- 1 bouquet cilantro
- 1 clove garlic, unpeeled
- Salt

Preparation

- 1- Line a large cookie sheet with aluminum foil. Remove papery covering from tomatillos and place on sheet. Roast tomatillos under the broiler until skin turns black; turn with tongs and roast other side (approximately 10 minutes).
- 2- Heat a cast iron skillet until very hot. Roast the garlic until papery covering turns black, about 10 minutes. Cool and peel.
- 3- Roast whole serrano chiles and onion slices on the skillet or under the broiler. (Chiles can also be roasted using a propane torch.) If desired, remove seeds and ribs from the serranos to make the salsa less spicy.
- 4- Combine tomatillos (including the skins and any juices released during the roasting), onion, chiles, cilantro, garlic, and approximately 1 tsp salt in a blender. Blend with water (if needed) to the desired consistency. Taste for salt. Serve with totopos.



Agua de Jamaica

Ingredients - Serves 4

- 1 L water
- 30 g flor de jamaica
- 60 g white sugar
- ice cubes

Preparation

- 1- Bring water to a boil; add jamaica flowers, boil for 15 minutes.
 - 2- Dissolve sugar. Cool and strain.
 - 3- Mix with ice cubes in a tall pitcher. Serve very cold over ice.
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