

Corn Tortillas

2 cups instant corn flour (masa harina)
1 1/3 cups warm water

Heat frying pan over medium heat and have ready.

Mix corn flour and water to form soft dough. Pinch off pieces and form into smooth round small balls. Keep remaining dough covered with a damp cloth to prevent drying.

Open tortilla press and lay plastic food wrap across the bottom half. Place the dough ball, a little off center, towards the hinge of the press. Place another sandwich bag on the top ball and flatten slightly with your hand. Close the press firmly, then open. Dampen your hands with a little water.

Peel the top bag off the tortilla, then lift the bottom plastic bag up with the tortilla still on it. Transfer the tortilla dough side down, to your dampened hand. With free hand, carefully peel the bag off the dough.

Note: If the dough is thick and grainy a little more water may be needed. If it sticks to the plastic or to your hand, it is too wet and a little more flour may be needed. Always keep your hands a little wet when handling dough.

Place the tortillas on the hot griddle and cook, turning only once like a pancake. This should take about two minutes.

Pulled chicken

Boneless, skinless chicken breast. Cut into strips
2 lt. warm water
2 tbsp. oil
Cumin, coriander, black peppercorns, bay leaf

Heat medium saucepan on high, and add oil. Place chicken in pan and brown on all sides. Add spices to sautéing chicken and mix together. When spices start to caramelize, deglaze with warm water, so chicken is just covered. Put a lid on the pot and simmer intensely for 20-30 mins. (depending on the size of your chicken strips).

Note: You may have to add more water, depending how quickly it reduces.

When the chicken pulls in strips off the rest of breast its done. Take out of braising liquid and let cool down for five or so minutes. Wash your hands and dig in. pulling and shredding the breasts until they resemble spaghetti squash.

Salsa Mexicana

Finley diced red onion
Roma tomatoes, seeded and diced
Two jalapeños, seeded and diced
Sugar, salt
Chopped fresh cilantro
Lime juice

Combine onions, peppers and tomatoes. Next add cilantro and lime. Add just enough sugar to neutralize the acidity of the tomatoes. Lime flavour should still be prominent, and salsa should not taste like sugar. Add a dash of salt to round out the flavours. Mix well and refrigerate for at least a half and hour before service to combine flavours.

Note: for salsa verde. Use tomatillos instead of roma tomatoes.

Guacamole

Ripe avocado's
Chipotle peppers (canned)
Diced red onion
Minced garlic
Green chillies (canned)
Lime zest, and juice
Mexican oregano
Sour cream
Fresh cilantro
Salt and pepper, cumin and coriander

Clean avocados and pulverize flesh. Add in diced peppers onions and garlic. Zest and juice 2 limes, and one lemon (if you have it on hand). Stir in a bit of sour cream to make creamier. Finish with herbs and spices and refrigerate until service.

Mexican Rice

Cook Time: 30 minutes

1/2 cup chopped onion
1/4 cup chopped green bell pepper
1 large clove garlic, minced
2 teaspoons canola oil
1 cup long-grain rice
1 can (about 15 ounces) diced tomatoes with liquid
1 teaspoon chili powder
1/4 teaspoon ground cumin
1/2 teaspoon salt
1 1/2 cups beef broth

Preparation:

In a heavy skillet sauté onion, green bell pepper and garlic until onion is softened. Add rice to skillet and cook over medium-high heat until rice has browned. Add tomatoes, chilli powder, salt, and beef broth. Bring to a boil; cover, lower heat, and simmer until liquid has been absorbed, about 20 minutes. Taste and add more salt if needed.

Mexican rice recipe serves 6.