

ACHIOTE CHICKEN TACOS

Instructor Terra: Tuesday 4-6 Class #3

SKILLS LEARNED

Measuring (masa, water)
Mixing (tortillas, achiote marinade, guacamole)
Sautéing (achiote chicken)
Juicing (oranges, lemons, limes)
Knife skills (cilantro, red onion, avocado)

EQUIPMENT

Large mixing bowl	Juicer	Cutting board
Measuring cup	Measuring spoons	Knife
Tortillas press / plastic	Cutting board	Juicer
Griddle	Knife	Mixing bowl
Spatula	Mixing bowl	Spoon
	Sauté pan	3 small bowls
	Stove	
	Spatula	

INGREDIENTS

<i>Corn tortillas (per class)</i>	<i>Achiote chicken (per group)</i>	<i>Taco toppers (per group)</i>
~2 cups masa harina	1/2 orange, juiced	Guacamole
~1 1/2 cups warm water	1/2 lime, juice	1 avocado
1/2 teaspoon salt	2 tablespoons achiote paste	1 lemon
	1 garlic glove, minced	Salt to taste
	4 chicken tenders (1/3 lb)	
	2 tablespoons olive oil	1/4 red onion, chopped
		1/4 bunch cilantro
		1/3 queso pkg, crumbled

INSTRUCTIONS

Corn tortillas - mixing (per class)

1. Mix masa, water and salt in large bowl.
2. Knead the dough until smooth, but no longer sticky and easily forms a ball in your hand, 1-3 minutes. It should feel springy like Play-Doh.
3. ADJUST, if too wet add masa a teaspoon at a time. If too dry add water a teaspoon at a time.
4. If you have time, rest dough 10-15 minutes. This improves texture.

Corn tortillas - cooking (per group)

1. Pinch off a few tablespoons of dough and roll it between your hands to form a ball.
2. Press dough with plastic-lined tortilla press*, peel off and put aside.
3. Heat griddle until a few drops of water sizzle immediately.
4. Cook tortilla on griddle 1-2 minutes on each side. Until lightly brown. Repeat steps 1-4.
5. Stack in a clean towel as you cook them. This will allow them to steam and soften.



Achiote chicken (per group)

1. Juice lime and orange into mixing bowl
2. Add achiote paste, garlic and mix until smooth sauce forms, ~3 minutes
3. Add chicken tenders and evenly coat, let sit for 15 minutes
4. Heat sauté pan until a few drops of water sizzle. Add olive oil, heat until oil sizzles with water added.
5. Place chicken into pan and cook until edges begin to shrink. Cook 75% on this side.
6. Turn over chicken and cook until for a few more minutes.
7. To check for doneness, insert thermometer into thickest part of chicken, 150-155 degrees remove from pan and put onto plate. Chicken will continue to cook on plate to 160-165 degrees and then it is done.
8. Slice chicken for tacos.

Taco toppers (per group)

1. Carefully slice avocado along meridian, around pit
2. Twist avocado to open. Use spoon or knife to remove pit. Put aside pit for later.
3. Slice avocado in a grid pattern inside peel and then scoop out with spoon into mixing bowl.
4. Juice lemon into mixing bowl. Add pinch of salt.
5. Mix thoroughly. Add back avocado pit to keep from turning brown.
6. Finely dice red onion and place into small bowl, put on table.
7. Crumble queso in small bowl, put on table.
8. Pull leaves from cilantro stem and place into small bowl, put on table.