

School of Cooking

Martin's

Mexican Favorites

Hosted by Chef Alan Perry

May 1, 2008

Martin's on Bashor Road

Goshen, Indiana

Red Chili Chicken & Rice with Black Beans

Serves: 4

Ingredients

2 tbsp vegetable oil

4 (1 ¼ - 1 ½ lbs total) boneless skinless chicken breasts

Salt

2 ½ tbsp ground ancho chili powder

1 medium onion, cut into ¼" pieces

1 cup rice

4 cloves garlic, peeled and finely chopped

1 ½ cup chicken broth

1- 15 oz can black beans, drained and rinsed (rinsing keeps them from making rice sticky)

¼ cup chopped green onions

1/3 cup chopped cilantro

Your favorite salsa

Instructions

Heat oil in a large heavy pan over medium heat. Sprinkle chicken breasts with salt and 1 tsp ancho chili powder. Brown on both sides (2-3 minutes each side). Remove and plate to cool. Add the onion and the rice to the pan. Stir and cook until rice

turns opaque. Add the garlic and the rest of the ancho. Cook 1 minute, then add the chicken broth and salt to taste. Stir well, and when mixture comes to a boil reduce heat to medium low. Cover and cook about 10 minutes. Cut the chicken breasts into small pieces (maybe 1 inch or so). Uncover pot and add chicken and beans. Cover and cook about 12 more minutes. Uncover and add green onions and cilantro. If rice is not done, cook another 5 minutes. Or, cover pan, remove from heat and let stand 5 minutes. Fluff the mixture and serve with salsa on the side.

Smoky Chipotle Salsa with Pan Roasted Tomatillos

Yield: 1 ¼ cup

Ingredients

3 garlic cloves, peeled
4 medium tomatillos, husked and rinsed, cut in half
2 cans of chipotles chiles en adobo
Salt

Instructions

Set large non-stick skillet over medium heat. Lay in garlic and tomatillos (cut side down). When tomatillos are browned (3-4 minutes), turn everything over and brown the other side. Tomatillos should be soft. Scoop everything into a blender. Add chiles and ¼ cup water. Process to a coarse puree. Pour into a bowl and cool. Thin with water if necessary. Add salt to taste.

Chipotle Beef Tacos with Caramelized Onions

Yield: 4 servings

Ingredients

1- 7oz can chipotle chiles in adobo
1 lb skirt or flank steak
3 tbsp vegetable oil (divided use)
2 medium white onions, sliced ¼" thick
12 corn tortillas
Smoky chipotle salsa

Instructions

Put chiles and sauce into blender. Process until smooth and smear on steaks. In a large heavy skillet, heat 2 tbsp oil over medium heat. Add the onions and cook, stirring frequently until golden but still crunchy (4-5 minutes). Remove and put in a covered bowl to keep warm. Add remaining oil to skillet. When it's hot, lay in steaks. Brown about 5 minutes on each side for flank steak (less for skirt steaks). Let meat rest about 5-10 minutes. Next, cut each piece into ¼" strips against the grain, and toss the meat with the onions. Season with salt if desired. Serve with warm tortillas and salsa.

Classic Tortilla Soup with All the Trimmings

Yield: 10 cups or 6 servings

Ingredients

1 large dried Pasilla Chile, stemmed and seeded
1- 15 oz can diced tomatoes in juice (preferably fire-roasted)
2 tbsp oil
1 medium white onion, sliced ¼" thick
3 garlic cloves, peeled
2 quarts chicken broth
Salt
4 (1 ¼ lbs) boneless, skinless chicken breasts, cut in ½ in cubes
1 large ripe avocado, cut in ¼" cubes
1 ½ cup shredded Chihuahua cheese (substitute=Monterey Jack)
4 cups roughly broken tortilla chips
1 lime, cut into wedges

Instructions

Quickly toast the chile by turning it an inch or two above an open flame (can also toast in a dry pan, pressing it flat and turning over). Break the chile into pieces and put into blender jar with tomatoes and their juices. Heat oil in a 4 quart saucepan and add onions and garlic. Stir frequently, cooking until golden (about 7 minutes). Scoop onion and garlic out with a slotted spoon and put them into the blender. Set the pan aside and process mixture in the blender. Return the pan to medium-high

heat. When hot, add puree and stir constantly until thickened (about 6 minutes). Add broth and reduce heat to medium-low. Simmer for 15 minutes. Then, season with salt to taste (remember that chicken broth is somewhat salty already). Add chicken to simmering broth. Lastly, divide avocado, cheese and tortilla chips into serving bowls. When chicken is done (5-8 minutes), ladle soup into bowls and pass limes separately.