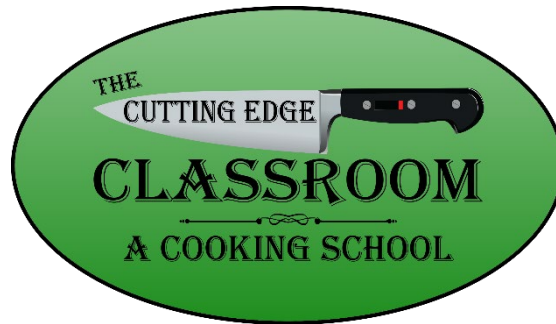


Class Date and Time: March 28th, 1:30PM-3PM

Contact Person/Company: Malina Pickard

Contact Phone Number: 206-902-8815

Contact Email: Malinapickard@hotmail.com



Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

The Menu

Guerilla Tacos

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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- ✓ 3 boneless chicken breasts (or ½ lb shrimp P&D)

Produce

- ✓ 3 clove garlic minced
- ✓ 1 onion chopped
- ✓ 1 jalapeno seeded and minced
- ✓ 2 sweet potatoes
- ✓ 1 avocado diced
- ✓ 1 bunch cilantro minced
- ✓ 1 lime wedged

Dairy

- ✓ ¼ cup cotija cheese

Pantry Items

- ✓ 1 tbsp olive oil
- ✓ 2 tbsp chili powder
- ✓ 1 tsp paprika
- ✓ 1 tbsp cumin
- ✓ Salt
- ✓ 2 tbsp vegetable or other neutral oil
- ✓ 1 tbsp apple cider vinegar

Dry/Canned Goods

- ✓ 7 oz can tomato sauce
- ✓ 15 oz canned black beans drained and rinsed
- ✓ 10 corn tortillas
- ✓ ½ cup salsa verde

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Equipment Needed

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

Cutlery

- ✓ Knife, cutting board

Hand Tools/Gadgets

- ✓

Cookware

- ✓ Medium bowl
- ✓ Sauce pan

Appliances

- ✓ Oven
- ✓ Stove

Bakeware

- ✓ Sheet pan

Other

- ✓

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Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

Notes:

- At the end of this class you will have: Tacos for up to 4 people

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Guerilla Tacos Recipe

Prep time: 10 minutes

Cook time: 30 minutes

Yield: 4 to 6 servings

INGREDIENTS

For the roasted sweet potatoes:

- 1 to 2 medium sweet potatoes, cut into 1/2-inch cubes (about 2 cups cubed)
- 2 tablespoons neutral cooking oil (such as grapeseed or canola)
- 1/2 teaspoon kosher salt
- 1 teaspoon chili powder
- 1/2 teaspoon ground cumin

For the beans:

- 2 tablespoons neutral cooking oil (such as grapeseed or canola)
- 1/2 medium yellow onion, diced (about 1/2 cup diced)
- 1/2 teaspoon kosher salt, plus more to taste
- 1 clove garlic, minced
- 1 jalapeño, stemmed, seeded, and minced
- 1 15-ounce can black beans, drained and rinsed
- Apple cider vinegar or water, as needed

To serve:

- 10 to 12 corn tortillas
- 1/2 cup tomatillo salsa verde, homemade or store-bought
- 2 cups cooked chicken or shrimp (Optional)
- 1 ripe avocado, sliced thin
- Fresh cilantro, roughly chopped
- Lime wedges
- 1/4 cup crumbled cotija cheese

METHOD

1. Preheat oven to 425°F.
2. Roast the sweet potatoes: In a medium-sized bowl, toss the sweet potatoes, 2 tablespoons oil, salt, cumin, and chili powder. Spread on a baking sheet in an even layer. Bake 15 minutes, then use a spatula to flip and stir the sweet potatoes. Roast another 15 minutes or until sweet potatoes have puffed up and have crisp, roasted edges.
3. Make the black beans: While the sweet potatoes roast, heat 2 tablespoons oil in a medium saucepan over medium heat. Add the onions and 1/2 teaspoon salt, and sauté until soft and translucent, 5 to 7 minutes. Add the garlic and jalapeño, and sauté 2 minutes more. Fold in beans.
4. Cook, stirring occasionally, until the beans are soft and seasoned, about 10 to 15 minutes. If beans seem dry or bottom of pan starts to sizzle, add a splash of apple cider vinegar or water as needed. Taste and add salt as needed.
5. Warm the tortillas: Briefly heat the tortillas one or two at a time in a dry skillet until warm. Transfer to a plate and cover with a towel to keep warm. Alternatively, warm a stack of 5 or fewer tortillas a time in the microwave, covered with a damp paper towel, in 30 second bursts until warmed through.
6. Serve the tacos: Layer tacos with sweet potatoes and black beans. Serve with avocado slices, salsa, minced cilantro, and cotija cheese.

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Chicken Taco Meat

Yield 6 Servings

Ingredients

- 1 tablespoons olive oil
- 3 large boneless, skinless chicken breasts, cut into bite-sized pieces (Can sub shrimp or use both)
- 2 cloves garlic, minced
- 1/2 large onion, chopped
- 1 tablespoons chili powder
- 1 teaspoons paprika
- 1/2 tablespoon cumin
- Salt TT
- 7 ounces canned tomato sauce

Directions

1. In a skillet over medium-high heat, add the olive oil and heat until hot.
2. Add the chicken in batches and cook, browning, a couple minutes per side; remove the chicken to a plate using a slotted spoon.
3. Add the garlic and onions to the skillet and cook briefly.
4. Add the chili powder, paprika, cumin and salt to taste.
5. Pour in the tomato sauce and 2 cups water to create a broth.
6. Add the chicken back to the skillet. Bring to a boil, then simmer until the broth is reduced by half.

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