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

The Menu

Healthy Guerilla Tacos
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.

Protein
✓ 3 boneless skinless chicken breasts cut into 1 inch cubes

Produce
✓ 3 clove garlic minced
✓ 2 medium onion diced small
✓ 2 medium sweet potatoes peeled and cut into 1/2 inch cubes
✓ 1 jalapeno pepper seeded and minced
✓ 1 shallot minced
✓ 1 cup flat leaf parsley minced
✓ 4 green onion slices thin
✓ 1 avocado ripe
✓ 1 bunch fresh cilantro
✓ 1 lime wedged

Dairy
✓ 1 tbsp butter unsalted
✓ 3 oz cotija or feta cheese

Pantry Items
✓ 3 tbsp olive oil
✓ 2 tbsp chili powder
✓ 2 tsp smoked or plain paprika
✓ 1 tbsp cumin
✓ 1 tbsp salt
✓ 1 tbsp pepper
✓ 2 tbsp cooking oil
✓ 2 tbsp red wine vinegar
✓ 2 tbsp capers
✓ ½ cup sliced toasted almonds

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 ✓ 2 tbsp mayo

Dry/Canned Goods

 ✓ 7 oz tomato sauce
 ✓ 1 15oz can black beans
 ✓ Apple cider vinegar
 ✓ 4 ears corn kernels removed or 2 cups frozen corn
 ✓ 6 flour tortillas

**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

 ✓ Whisk
 ✓ Spatula

Cookware

 ✓ Saute pan
 ✓ Sauce pan

Appliances

 ✓ Oven/Stove

Bakeware

 ✓ Roasting pan

Other

 ✓ Parchment and wax paper
 ✓ Mixing bowls
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:

• If this recipe makes too many for your family, reduce it as needed
Guerilla Tacos
Prep time: 10 minutes
Cook time: 30 minutes
Yield: 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

**For the Almond Salsa:**
- 1 shallot, minced
- 2 tablespoons red wine vinegar
- Coarse-grained salt
- 2 tablespoons capers, rinsed and chopped
- 1 cup flat-leaf parsley, finely chopped
- 1/2 cup sliced toasted almonds
- 1 tablespoon, plus 1 teaspoon extra-virgin olive oil

**For the Street Corn:**
- 1 tablespoon unsalted butter
- 4 ears of corn, shucked and kernels removed (about 3-4 cups depending on how large your corn is)
- 2 tablespoons mayo
- 3 ounces cotija cheese, freshly grated or crumbled
- 1/2 teaspoon smoked paprika
- 1 green onion stalk, finely chopped
- Handful of freshly chopped parsley
- Salt and pepper, to taste

**To serve:**
- 10 to 12 corn tortillas
- 2 cups cooked chicken or shrimp
- 1 ripe avocado, sliced thin
- Fresh cilantro, roughly chopped
- Lime wedges
- 1/4 cup crumbled cotija or feta cheese
- 4 green onions sliced thin

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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. Make the salsa: Combine shallots and vinegar in a small bowl. Add a pinch of salt and let stand 30 minutes or as long as time permits. Add the capers, parsley and almonds. Toss until well combined. Add olive oil. Taste and adjust seasonings.
6. Make the corn:
7. In a cast iron skillet, melt butter over medium-high heat then add the corn kernels. Spread in an even layer and cook for 10-15 minutes, or until exterior is charred/browned, stirring frequently. Be careful of the popping action of the heated kernels!
8. Once charred/browned, place into a large bowl then mix in mayo, cotija, paprika, green onion, parsley, salt, and pepper.
9. Mix to combine.
10. 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.
11. Serve the tacos: Layer tacos with sweet potatoes and black beans. Serve with avocado slices, salsa, minced cilantro, and cotija cheese, letting everyone top their own tacos.

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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
- 2 cloves garlic, minced
- 1/2 large onion, chopped
- 1 tablespoons chili powder
- 1 teaspoons paprika
- 1/2 tablespoon cumin
- Salt to taste
- 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.