

Leisure Learning

A Taste of Mexico - Class 1: Northeast Region (Nuevo Leon)

Ingredients list

PRODUCE

- 1 head of garlic
- 1 onion
- 1 orange
- 1 avocado
- 4 corn cobs

PROTEIN

- 400g fresh pork belly
- 500g pork tenderloin
- 3 eggs

DAIRY

- 450g butter

BASIC COOKING INGREDIENTS

- canola oil
- non-stick cooking spray
- salt
- white sugar
- all-purpose flour

DRY GOODS

- 500g flour
- 125g shortening
- baking powder
- 8 guajillo chiles
- 9 ancho chiles
- black peppercorns
- 3 cloves
- 1 cinnamon stick
- ground cinnamon
- 1 can sweetened condensed milk
- vanilla extract
- lard

OPTIONAL

- Dulce de leche or caramel sauce

Basic kitchen tools:

Kitchen knives, Spoons and forks, 2 rubber spatulas, 3 wooden spoons, 1 medium size whisk, Vegetable peeler, 2 small mixing bowls, 2 medium mixing bowls, 1 big mixing bowl, 1 pot (6 qt), 2 sauce pans (1qt and 2qt), 2 frying pans, 3 sheet pans, 2 cutting boards, 1 strainer, Parchment paper, Plastic wrap, Kitchen towels, Kitchen Scale, Paper towel, Access to an oven and stove, Serving dishes and plates

Special kitchen tools:

Tortilla press, Hand or Stand Mixer, Blender

Optional: Electric flat top grill

****STORES WHERE YOU CAN FIND SPECIAL INGREDIENTS / MATERIALS****

Scoop and Save Fredericton: Dry chiles (guajillo, ancho), achiote, canned tomatillos, maseca, frozen banana leaves, tortilla press.

Atlantic superstore: Maseca

Sobeys: Canned chipotles in adobo

Victory Meat market & St Mary's superstore - Fredericton: Fresh tomatillos

Online orders:

Tiendita Express Canada: Dry chiles (guajillo, ancho), achiote, tomatillos, maseca.

Amazon: Tortilla press, dry chiles, canned tomatillos, achiote, maseca.

Other stores where you may find Latin American / Mexican ingredients:

Kilimanjaro African groceries - Moncton

Spice shop - Moncton