

Leisure Learning

A Taste of Mexico - Class 3: Southern Region (Oaxaca)

Ingredients list

PRODUCE

- 1 onion
- 1 head of garlic
- 350g tomatoes

PROTEIN

- 5 eggs
- 500g cooked shredded chicken

DAIRY

- 337g butter

BASIC COOKING INGREDIENTS

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

DRY GOODS

- 1 cup basmati rice
- corn tortillas
- 200g dark chocolate chips
- 525g white sugar
- vanilla extract
- 230g all purpose flour
- 4 ancho chiles
- 9 guajillo chiles
- 1/4tsp dry thyme
- 4 cloves
- 4 black peppercorns
- 1 cinnamon stick
- 1/3 cup pecans
- 1/4 cup raisins
- 3 slices of stale bread or baguette
- lard

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