

Leisure Learning

A Taste of Mexico - Class 4: Central Mexico (Mexico City)

Ingredients list

PRODUCE

- 5 corn cobs
- 5 limes
- 3 white onions (or Spanish Onions)
- 1 bunch of cilantro
- 1 pineapple
- 225g green tomatoes or Tomatillos (fresh or canned)
- 2 serrano chiles or jalapeños
- 1 head of garlic

PROTEIN

- 1kg pork loin centre cut boneless cutlets

DAIRY

- 50g queso fresco or crumbled feta

BASIC COOKING INGREDIENTS

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

DRY GOODS

- mayo
- chile tajin, chile piquín or chili powder (not taco seasoning)
- 2 cups masa harina / maseca
- all purpose flour
- 1 package achiote paste
- 1 can chipotle peppers in adobo
- 2 guajillo chiles
- dried oregano
- 250ml pineapple juice
- 500ml orange juice (not from concentrate)
- 3 cloves
- 1 tsp ground cumin
- apple cider vinegar

OTHER MATERIALS

- thick wooden stick (you could use a wooden chopstick, this will be used to stack the meat)
- a tortilla press will be required for this class

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