

Camp Combe Cooking 2019  
Week 4: Mexican Cantina  
Homemade Flour Tortillas  
Monday Recipe

## Homemade Flour Tortillas

Prep Time: 20 mins | Cook Time: 40 mins | Resting Time: 15 mins  
Total Time: 60 mins

### Ingredients

3 cups of all-purpose flour  
1 teaspoon salt  
1 teaspoon baking powder  
 $\frac{1}{3}$  cup extra virgin olive oil  
1 cup warm water

### Instructions

1. Combine flour, salt, and baking powder in the bowl of a stand mixer. Using the dough hook, mix dry ingredients until well combined.
2. Add oil and water with mixer running at a medium speed. After about 1 minute, or when mixture comes together and begins to form a ball, decrease mixing speed to low. Continue to mix for 1 minute or until dough is smooth.
3. Transfer dough to a lightly floured work surface. Divide into 16 equal portions. Turn each piece to coat with flour. Form each piece into a ball and flatten with the palm of your hand. Cover flattened balls of dough with a clean kitchen towel and allow to rest for at least 15 minutes (or as much as 2 hours before proceeding).
4. After the rest period, heat a large pan over medium heat. Roll each dough piece into a rough circle, about 6-7 inches in diameter, keep work surface and rolling pin lightly floured. Don't stack uncooked tortillas on top of each

other or they will stick together.

5. When the pan is hot, place one dough circle into the pan and allow to cook about 1 minute or until the bottom surface has a few pale brown spots and the uncooked surface is bubbly. If browning too fast, reduce the heat a bit. If it's taking longer than a minute to see a few pale golden brown spots on the underside of tortillas, increase the heat a bit. Flip to other side and cook for 15-20 seconds. The tortillas should be nice and soft but have a few small brown spots on the surface
  6. Remove from pan with tongs and stack in a covered container or zippered bag to keep the tortillas soft.
  7. Serve warm or allow to cool for later use. When ready to use, place a slightly damp paper towel in the bottom of a Microwave-safe container (with a cover) that will hold the stacked tortillas. Microwave uncovered 15-30 seconds (start with 15) or until warm, then keep covered to hold heat while serving.
  8. Store in an airtight container or zippered bag at room temperature for 24 hours or refrigerate for up to 1 week.
- To freeze, separate tortillas with parchment paper or waxed paper and place in a zippered bag before placing in the freezer.

Camp Combe Cooking 2019

Week 4: Mexican Cantina

Taco Tuesday: Beef Tacos, Guacamole, and Pica de Gallo

Tuesday Recipe

## Ground Beef Taco Meat

Prep Time: 2 minutes | Cook Time: 10 minutes

Total Time: 12 minutes

Serving: 8-10

### Ingredients

1 pound ground beef  
1 tablespoon chili powder  
½ teaspoon salt  
¾ teaspoon cumin  
½ teaspoon dried oregano  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
1 small jar of mild taco sauce

### Instructions

1. Cook the ground beef fully, drain grease, then add the taco sauce and the remaining taco seasoning.
2. Allow to simmer for 5 minutes
3. Add to taco shells and use in any other recipes that call for taco meat

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Week 4: Mexican Cantina

Taco Tuesday: Beef Tacos, Guacamole, and Pica de Gallo  
Tuesday Recipe

## Guacamole

Prep Time: 10 mins | Cook Time: 5 mins | Total Time: 15 mins

Serving 3-4

### Ingredients

3 Haas Avocados

¼ cup red onion, finely diced

¼ cup roma tomatoes, finely diced

¼ cup cilantro leaves, chopped (no stems)

½ teaspoon sea salt (or maybe a little bit more)

1 tablespoon lime juice, squeeze the juice from key limes

### Instructions

1. Using a knife or avocado tool, slice avocados in half. Reserve the pits for later.
2. Remove the peels and place the avocados in a bowl.
3. Mash the avocados until the consistency is smooth with just a few small lumps.
4. Add remaining ingredients to the bowl. Gently fold all Ingredient together.
5. If serving guacamole as an appetizer, transfer Mexican Guacamole to a molcajete.
6. Garnish with a few cilantro leaves on stems, or a sprinkling of Mexican Cotija Cheese.
7. Serve guacamole with restaurant-style tortilla chips.

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Taco Tuesday: Beef Tacos, Guacamole, and Pica de Gallo  
Tuesday Recipe

# Pica de Gallo Salsa

Prep Time: 10 mins | Total Time: 10 mins | Yields: 2 cups

## Ingredients

4 Roma Tomatoes, diced and strained of any juices

½ cup diced purple or white onion

2 tablespoons freshly chopped cilantro

1 teaspoon salt

½ lime for juice

## Instructions

1. Combine all the ingredients in a bowl and stir to combine
2. Keep covered and stored in the fridge

Camp Combe Cooking 2019  
Week 4: Mexican Cantina  
Sweet Corn Salad and Mexican Chorizo Rice  
Wednesday Recipe

## **Mexican Sweet Corn Salad with Avocado**

Prep Time: 10 minutes | Cook Time: 10 minutes

Total Time: 20 minutes

Serving: 4

### **Ingredients -Salad**

4 ears fresh corn (about 3 cups)

2 tablespoons olive oil

½ cup cilantro leaves

⅓ cup diced red onion

1 avocado, diced

½ tablespoon fresh lime juice

### **Ingredients -Dressing**

2 ½ tablespoons mayonnaise

1 ½ tablespoons fresh lime juice

1 clove garlic

½ teaspoon cayenne pepper

Salt

Pepper

### **Instructions -Char the Corn**

1. Heat the oil in a large skillet over medium-high heat
2. Add the corn and let it cook, stirring occasionally until charred (about 8-10 minutes). Remove from heat and allow to cool slightly.

## **Instructions -Prepare the Dressing**

1. While the corn is cooking, in a small bowl whisk together the mayonnaise, garlic, lime juice, cayenne pepper, salt and pepper.

## **Instructions -Assemble The Salad**

1. Pour half tablespoons of lime juice over the diced avocado, then add it to a large bowl with the charred corn, and the remaining salad ingredients.
2. Pour the dressing and gently toss to combine.

Wednesday Recipe

## Mexican Chorizo Rice

Prep Time: 5 minutes | Cook Time: 20 minutes

Total Time: 25 minutes

Serving: 8

### Ingredients

1 can chicken broth

1 cup long grain rice

1 pound of mexican-style chorizo

½ yellow onion, chopped

1 clove garlic, minced

1 (10 ounce) can diced tomatoes and green chilies

1 cup of frozen corn, defrosted

Fresh cilantro, chopped

### Instructions

1. Bring chicken broth to a boil in a medium saucepan. Stir in rice, cover, and simmer for 15 minutes.
2. Add chorizo to a large nonstick pan over medium heat. Use wooden spoon to break it into small pieces. Once partially cooked, add onion and garlic and continue to cook until chorizo is cooked through and onion is soft.
3. Add tomatoes and corn to the chorizo and let simmer for about 5 minutes to cook off some of the liquid.
4. Stir in rice. Serve with cilantro.



Camp Combe Cooking 2019  
Week 4: Mexican Cantina  
Chicken Enchiladas  
Thursday Recipe

## Chicken Enchiladas

Prep Time: 20 minutes | Cook Time: 30 minutes  
Total Time: 1 hour 5 minutes | Serving: 10

### Ingredients

2 teaspoons kosher salt  
2 teaspoons cumin  
1 teaspoon paprika  
½ teaspoon garlic powder  
¾ teaspoon black pepper  
1 ½ pounds boneless skinless chicken breast  
3 tablespoons olive oil  
2 teaspoons minced garlic  
1 cup unsalted chicken stock  
1 cup crushed tomatoes  
½ teaspoon chili powder  
¼ teaspoon chipotle chili powder  
10 tortillas  
1 cup monterey jack cheese, grated  
1 cup sharp cheddar cheese, grated  
2 teaspoons sliced green onions  
1 tablespoon chopped cilantro

### Instructions

1. In a small bowl combine 1 teaspoon salt, 1 teaspoon cumin, paprika, garlic powder, and ½ teaspoon black pepper.

2. Season each side of the chicken breasts with ½ teaspoon of the spice mixture. Save the additional seasoning mix.
3. Heat a medium-sized skillet pan over medium heat. Add 2 tablespoons olive oil, once hot and shimmering and the chicken to the pan.
4. Cook chicken for 7 minutes, then flip over and cook until no longer pink and internal temperature reaches 160 to 165°F, about 5-7 Minutes
5. Transfer chicken to a plate and allow to cool
6. Use fingers or two forks to shred the chicken into smaller pieces. Add 1 teaspoon of the seasoning mix and combine until evenly coated.
7. In a medium saucepan add 1 tablespoon olive oil. Heat over medium heat, once hot add the garlic and saute for 30 seconds.
8. Add the chipotle chilis and use a spoon to stir and break up into smaller pieces, cook 1 minute
9. Add the chicken stock, crushed tomatoes, 1 teaspoon salt, 1 teaspoon cumin, ¼ teaspoon black pepper, chili powder, and chipotle chili powder, stir to combine.
10. Bring sauce to a boil and then reduce to a simmer until sauce is thickened about 5 minutes.
11. Transfer enchilada sauce to a blender or food processor and process on medium speed until smooth, about 30 seconds.
12. Taste sauce and season with more salt and pepper as needed. More chicken broth can be added to thin the sauce if desired.
13. Heat tortillas in a pan over medium-high heat or directly over a gas flame for 10 to 15 seconds on each side, to lightly toast and make more pliable.
14. Adjust oven rack to the center position. Preheat oven to 400°F

15. Lightly coat a 13" by 9" baking dish with cooking spray or oil.
16. Evenly spread ½ cup of the enchilada sauce on the bottom of the baking dish
17. Pour ½ cup of enchilada sauce in a shallow bowl large enough to fit the tortillas
18. Lightly dip each side of the tortilla in the sauce.
19. Transfer tortilla to a plate and fill the center with about ⅓ cup of chicken. Roll into a cylinder and transfer to the pan.
20. Repeat process until 10 enchiladas are rolled and lined up in the pan.
21. Evenly spread the remaining sauce over the enchiladas.
22. Sprinkle the monterey jack cheese and cheddar cheese on of the enchiladas
23. Cover enchiladas with foil and bake until cheese is melted and bubbly 15-20 minutes
24. Garnish with green onions and chopped cilantro.

Camp Combe Cooking 2019  
Week 4: Mexican Cantina  
Chicken Fajitas  
Friday Recipe

## Chicken Fajitas

Prep Time: 20 mins | Cook Time: 10 mins | Total Time: 30 mins  
Serving: 6

### Ingredients

4 tablespoons canola oil, divided  
2 tablespoons lemon juice  
1½ teaspoons seasoned salt  
1½ teaspoons dried oregano  
1½ teaspoons ground cumin  
1 teaspoon garlic powder  
½ teaspoon chili powder  
½ teaspoon paprika  
½ teaspoon crushed red pepper flakes  
1½ pounds boneless skinless chicken breast, cut into thin strips  
½ medium sweet red pepper, julienned  
½ medium green pepper, julienned  
4 green onions, thinly sliced  
½ cup chopped onion  
6 flour tortillas  
1 small jar of mild taco sauce  
Shredded Cheddar Cheese

### Instructions

1. In a large bowl, combine 2 tablespoons oil, lemon juice and seasonings, add the chicken. Turn to coat; cover.

2. In a large skillet, saute peppers and onions in remaining oil until crisp-tender. Remove and keep warm.
3. Drain chicken, discarding marinade. In the same skillet, cook chicken over medium-high heat for 5-6 minutes or until no longer pink. Return pepper mixture to pan; heat through.
4. Spoon filling down the center of tortillas; fold in half. Serve with toppings as desired.