

# Mexican Street Food

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Updated August 2014

printed & distributed by

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# about the class

Taught by Mary Moe, Operations Manager at the Marquette Food Co-op

This class is not a comprehensive overview of Mexican street food. Instead, this class provides some basic Mexican influenced recipes that can be the building blocks of making multiple easy and affordable meals. The ingredients are versatile and easy to obtain and the techniques are simple to master. And like Mexican street food, they are recipes you can reach for when you need something fast, flavorful, and satisfying.

**Torta:** Traditional Mexican sandwich served on a chewy roll, filled with garlic mashed black beans, chicken tinga, lime dressed slaw, and guacamole.

**Tinga Taco:** Corn tortilla filled with salad mix, marinated onions, avocado slices, and feta cheese.

**Crispy Corn Flats:** Topped with garlic mashed black beans, lime dressed slaw or salad mix, tinga or potatoes, marinated onions, and feta crumbles.

**Veggie Taco:** Corn tortilla filled with garlic mashed black beans, potatoes, lime dressed slaw, feta, and avocado slices.

# notes

# torta

(makes 1 torta)

**This sandwich, made with soft, chewy bread, is also good with carnitas (braised pork).**

- 1 torta roll, sliced in half
- ¼ C carnitas/tinga
- ¼ C lime dressed slaw, see recipe
- 2 T black bean mash, see recipe
- 1 T avocado mayo (see recipe) or guacamole

Cut roll in half, spread with butter and place on griddle or in toaster until lightly toasted.

Spread black bean mash on the inside bottom half of the Torta roll  
Spread avocado on the inside top half of the Torta roll

Place tinga or carnitas on top of the black bean mash

Measure out needed slaw mixture and place on top of the carnitas/  
tinga

Put the top on the sandwich and cut in half.

# chicken tinga

(serves 6) adapted from Pat Jinich of *Pati's Mexican Table*

- 8 ripe roma tomatoes
- 3 tomatillos, husks removed
- 3 T cooking oil
- 1 C chopped white onion
- 2 garlic cloves
- ½ t dried oregano
- ¼ t dried majoram
- ¼ t dried thyme
- 1 ½ t kosher salt
- ¼ t ground black pepper
- 2 T sauce from chipotle chiles in adobo
- 1 whole chipotle chile in adobo, chopped (optional)
- 5 cups cooked and shredded chicken
- 2 C chicken broth

Place the tomatoes and tomatillos in a medium 3 qt saucepan and cover with water. Set the saucepan over medium high heat, bring to a simmer and cook for 8-10 minutes, or until the tomatoes and tomatillos are thoroughly cooked and mushy, but not coming apart. Their color will change from bright to dull. Remove with a slotted spoon and place in a blender or food processor. Process until smooth; adding the chipotle pepper and half of the chicken broth.

Heat oil in a large 12" skillet over medium heat. Stir in the onion and cook until soft and translucent, 4 to 5 minutes. Add the garlic and cook until it becomes fragrant and begins to lightly brown, less than a minute.

Carefully pour the pureed tomato-tomatillo sauce into the skillet, it will steam and bubble; that is ok. Stir in oregano, thyme, salt, and pepper. Add the adobo sauce (add more if you'd like more heat). Continue to simmer, add the rest of the chicken broth and continue to reduce sauce until it deepens in color, becoming darker and earthier red, and no longer soupy, 10-12 minutes.

Add the chicken to the sauce and toss over the heat until well mixed. Cook, stirring occasionally, until the chicken has absorbed almost all of the sauce and is moist and not runny.

# black bean and garlic mash

(16oz, enough for 16 Tortas or 10 Flats)

**You can use canned black beans, but it is more cost effective to use dried. The mash will keep in the fridge for about 7 days.**

- 3-5 garlic cloves, minced
- 1 T olive oil
- 1 lb black beans, cooked and slightly drained

If using dried beans, wash and drain. cover with cold water, discard floaters and soak 4-8 hours in a cool place (overnight is fine). Drain, combine with fresh water, cover, and bring to boil. Reduce heat and simmer until soft. Black beans usually take 1-1 1/2 hours.

In a large sauté pan heat oil over medium high heat and add garlic, cook until just slightly brown.

Add black beans. Cook for 10 mins or until juice is reduced by half.

Using a potato masher, mash black beans until it is a smooth paste, paste will be lumpy and that is okay, it should resemble lumpy mashed potatoes.

# potatoes

(makes 4 tacos)

- 2 potatoes, small dice
- 1 C tinga sauce
- cooking oil
- pinch of salt

Dice potatoes. Heat water with salt, add potatoes. Boil until just done, about 5-8 minutes.

Heat cooking oil in large pan, add potatoes and cook until browned. Toss with 1 cup of tinga sauce.

# crispy corn flats

(makes 1 flat)

- 1 corn flat
- 1 T garlic mashed black beans
- 2 T salad mix or lime dressed slaw
- ¼ C tinga or potatoes
- 2 slices avocado
- 1 t feta crumbles
- 1 t (or to taste) marinated onions

Place garlic mashed black beans on the flat, top with salad mix or slaw, then place tinga on top. Garnish with avocado, feta crumbles and marinated onions.

# marinated onions (makes 1 qt)

- 2 Lg (1.4#) red onions, sliced
- 2 (2oz) jalapenos, diced
- ½ C lime juice
- 1 C white vinegar
- 1 T sugar
- 2 t salt
- 1 T (.5oz) cilantro, chopped

Peel onions and thinly slice. Fill a pot with water and bring to a boil. When water comes to a boil add sliced onions, let simmer for 2 minutes. After onions are blanched, drain immediately, and add to ice bath.

Add jalapenos, lime juice, vinegar, sugar, salt and cilantro to a stainless steel mixing bowl.

After onions have cooled, drain from ice bath and add to other ingredients.

Mix well to ensure even distribution. Cover and place under refrigeration until cool. Will stay good in the refrigerator for 30 days.

# avocado mayo

(makes 12oz, enough for 12 tortas)

- 1 C real mayonnaise
- 1 avocado

Cut avocado in half, take out pit and scoop avocado into a bowl. Mash well, until smooth

Add mayo and combine well.

# guacamole (makes 2 cups)

- 2 avocados
- 1 T cilantro, chopped
- 1 clove garlic, minced or pressed
- 2 T lime juice
- pinch of salt
- pinch of pepper

Cut and pit avocado. Mash until creamy. Mix in all other ingredients. Serve immediately.

# lime-cilantro dressing

(yields 8 cups)

**This dressing is very versatile. You can use it on zucchini, cucumbers, mixed salad, or on cabbage, as you will see on the following page. The dressing will stay good in the refrigerator for 7 days.**

- 4 garlic cloves
- 4 jalapeños, seeded and chopped
- 2 T cilantro
- ¾ C lime juice
- ¼ C spicy brown mustard
- 3 C salad oil
- 1 1/2 t sugar
- pinch of coriander
- pinch of salt
- pinch of black pepper

In a food processor add jalapenos, garlic, cilantro, lime juice, mustard, salt, pepper, sugar, and coriander.

Pulse ingredients until they are finely chopped and well incorporated.

Turn the food processor on and slowly add salad oil to mixture with the machine running through the spout on the lid of the processor.

This recipe will make more than you need for the slaw listed within this booklet but is an excellent dressing to have on hand for any salads.

# lime dressed slaw

(enough for 12 tortas, about 22 oz)

- 1lb red cabbage
- 1 C slaw dressing, see recipe
- ¼ C roasted pepitas\*

Place cabbage on a green cutting board, cut the root end off and then cut the head in half (length wise). Half a cabbage is usually about a pound, depending on the size.

For easy coring, cut the cabbage half in half again. This will reveal the white core so that it can be easily sliced off. Slice the rest of the cabbage into thin slices.

Place into a large stainless steel mixing bowl and add the remaining ingredients.

Toss until well combined.

*\*To roast pepitas, you can toast in a dry pan on the stove until light brown and popping, or in the oven. To roast in the oven, spread out pepitas on a cookie sheet in a single layer. Roast at 325° until golden, about 15 minutes.*