

Consejo Nacional para la Cultura y las Artes (Mexico). *La cocina familiar en el estado de Nuevo León*. México, D. F. : Océano : Conaculta, 2001. Pp. 18 [TX716 .M4 N84 2001]

### Flautas de Pollo

2 pechugas de pollo  
1 k. tortillas  
¼ litro de crema  
4 aguacates  
1 cebolla  
1 jitomate  
1 lata de chiles en vinagre  
1 lechuga  
Aceite  
Sal, al gusto

1. Cocer las pechugas y desmenuzar.
2. Rellenar las tortillas con el pollo caliente y enrollar.
3. Freír en una sartén con aceite bien caliente.
4. Sacar y colocar en un recipiente.
5. Adornar con lechuga, rebanadas de jitomate y cebolla, rajas de chile, crema y trozos de aguacate.
6. Rinde 10 raciones.

### Chicken Flautas

2 chicken breasts  
1 kilogram tortillas  
¼ liter cream  
4 avocados  
1 onion  
1 red tomato  
1 can of pickled chiles  
salt, to your taste

1. Cook the chicken breasts and shred.
2. Fill the tortillas with the hot chicken and roll up.
3. Fry in a skillet with very hot oil.
4. Remove and place in a bowl.
5. Garnish with lettuce, slices of tomato and onion, strips of chile, cream, and slices of avocado.
6. Makes 10 servings.

### Shredded Chicken Recipe from Diana Kennedy's *The Essential Cuisines of Mexico* (2000) P. 499.

6 cups chicken broth  
1 large chicken (about 3 pounds), cut into serving pieces  
Salt, to taste

Bring the chicken broth to a simmer in a large saucepan, add the chicken pieces, and cook over low heat until just tender—about 25 minutes. Remove from heat and let the chicken cool in the broth.

Drain the chicken, reserving the broth for soups or sauces.

Remove meat from the bones and shred coarsely. You may include some of the skin for extra flavor. Season with salt as necessary.

*Note: The USDA recommends cooking chicken to a **minimum** internal temperature of 165\* F, measured using a food thermometer in the thickest part of the breast and thigh.*