

Useful Technique Recipes:

Shredded Chicken Recipe from Diana Kennedy's 2000 The Essential Cuisines of Mexico. 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.

Shredded Pork Recipe from Diana Kennedy's 2000 The Essential Cuisines of Mexico. P. 500.

2 pounds (900 g) boneless pork

¼ medium white onion, roughly sliced

1 large garlic clove

Salt to taste

5 peppercorns

Cut the meat into large cubes, put it into a large saucepan with the other ingredients and cover with cold water. Bring to a boil, then lower the heat and simmer until just tender—about 45 minutes. Remove from the heat and let the meat cool in the broth. When the meat is cool enough to handle, drain, reserving the broth. Shred the meat and add more salt as necessary. Be careful not to overcook the meat, remembering that the cooking process goes on as the meat cools off in the broth.

The meat can be shredded by hand, with the tines of two forks back to back, or lightly pounded in a mortar just until the fibers separate.

Sope/Chalupa Method from Rick Bayless' 1987 Authentic Mexican: Regional Cooking from the Heart of Mexico.

1 ¼ cups masa harina mixed with a scant 1 ½ cups hot tap water
2 tablespoons lard or vegetable shortening
1/3 cup flour (plus 1 tablespoon)
¾ tsp. salt
1 tsp. baking powder.

- Mix the masa harina with water, cover, and let stand for 20-30 minutes. Mix with the lard or shortening, flour, salt, and baking powder, kneading until combined. Adjust the consistency with water, if necessary.
- Divide into 12 balls, place on a plate, and cover with plastic wrap.
- Heat a griddle or heavy skillet over medium heat. Cut a square of heavy plastic (i.e. from a freezer bag). Lay it on the counter, flatten a ball of dough onto it, then gently pat into a flat disk 3/8 inch thick and 2 ½ inches in diameter. Flip into your hand, dough-side down and peel off the plastic.
- Bake the tortilla in the skillet for 2 minutes per side, till lightly browned. It will still be uncooked inside.
- Pat out and bake the remaining masa balls in the same fashion.
- With a sharp knife, slice each tortilla in half, as you would an English muffin. With the cooked-side down, pinch up a ¼ in. high border around each disk, molding the uncooked masa from the center. Cover with plastic to avoid drying out.
- Heat ¾ inch vegetable oil to 360°F in a skillet. Fry the shells 3-4 at a time until lightly browned (about 45 seconds). They should be crunchy on the outside, but still moist within. Drain on paper towels and keep warm in the oven.