



Flautas de pollo



Ingredients:

- 16 corn tortillas
- 2 cups cooked and shredded chicken
- Vegetable oil for frying
- 1 cup Mexican cream
- 1 cup salsa of your choice
- 1 head romaine lettuce, sliced
- 1 cup queso fresco, crumbled
- Serve with Café Laredo Guacamole, Pico de Gallo Salsa, or Salsa Verde

Ingredients, Pico de Gallo Salsa:

- 1 pound ripe tomatoes, about 3 cups, halved, cored, seeded (optional) and chopped
- ½ cup white onion, finely chopped
- 1 jalapeño or serrano chile, finely chopped, or more to taste (seeding is optional)
- ½ cup cilantro, rinsed, drained, lower part of the stems removed, roughly chopped
- 2 to 3 tablespoons fresh lime juice, more or less to taste
- 2 tablespoons olive oil, optional
- 1 teaspoon kosher or sea salt, or more to taste

Ingredients, Salsa Verde:

- 1 lb tomatillos, husks removed and rinsed
- 1 garlic clove
- 1 or 2 chiles serranos, can adjust for desired spiciness level
- ½ cup cilantro leaves
- 2 tbs white onion, roughly chopped
- 1 ½ tsp kosher or sea salt, or to taste
- ½ lb queso fresco diced, or can use farmer's cheese or mild feta instead
- 1 ripe Mexican avocado, halved, pitted and sliced or cut into chunks
- Warm corn tortillas or tortilla chips

Method, flautas:

1. In a deep skillet, preheat 1 inch deep of oil to 350 degrees, set over medium heat. Alternatively, you can also test if the oil is ready for frying the flautas, by dipping a flauta or tortilla to see if the oil actively bubbles around it.



2. Place a Comal or a dry skillet over medium heat until hot, and then heat the tortillas on the Comal for about 30 seconds per side; this will prevent them from breaking when rolling them into flautas.
3. Place 1 to 2 tablespoons of shredded chicken on each tortilla and roll them tightly. They should be thin, not chubby rolls. You can insert wooden toothpicks through 2 to 3 flautas at a time, so they will fry evenly and hold their shape.
4. Once the oil is hot, gently dip the flautas in it. Fry them until they have crisped and turned golden, about 2 to 3 minutes. Flip them over so they will brown evenly, for another minute. Remove the flautas from the oil and put them on a plate or tray lined with paper towels.
5. Alternatively, you may want to toast the flautas on a Comal or bake in the oven lightly brushed with oil at 375, for 15 to 20 minutes.
6. Arrange them on a serving platter and garnish with lettuce, cheese, Mexican cream, and salsa, or let your guests tailor to their taste.

Method, Pico de Gallo Salsa:

1. Place all of the ingredients in a bowl, toss well, and serve.
2. The salsa can be prepared up to 12 hours ahead of time, covered, and refrigerated. In addition, it can be eaten with anything you want to try it with!

Method, Salsa Verde with Avocado and Queso Fresco:

1. Place tomatillos in a saucepan and cover with water. Bring to a simmer and cook until the tomatillos are soft and mushy, but not coming apart, about 10 minutes.
2. Place the tomatillos, garlic, chiles serranos (add one by one to taste for spiciness desired and adjust the heat as you go), cilantro, onion and salt in the blender. Blend until smooth. You may also mash it all up in a molcajete.
3. Serve in a bowl or molcajete, along with the queso fresco and avocado slices. Offer warm corn tortillas or tortilla chips on the side.
4. This salsa may be used to spoon on top of thousands of things; including tacos, quesadillas, eggs in the morning, or grilled meats.