

Chicken Enchiladas & Enchilada Sauce

Serves 8

- 8 tortillas , corn (about 20 cm)¹

Enchilada seasoning:

- 1 tsp each onion powder, garlic powder, salt
- 1 T each dried cumin powder, paprika, dried oregano
- ¼ tsp black pepper
- ¾ tsp cayenne pepper (optional, adjust to taste)

*Enchilada sauce: (see Note 3 below)

(Use recipe on P23....stronger, more flavor)

- 2 T olive oil
- 4 T flour
- 500 ml chicken stock
- 375 ml tomato puré*

Chicken Filling:

- 400-450 g chicken breast, sliced in half horizontally (or boneless thighs)², shredded
- 2 T olive oil
- ½ onion, chopped
- 2 garlic cloves, finely minced
- 1 red bell pepper, diced
- 400 g refried beans³
- 300 g canned corn, drained
- 65 ml water
- 100 g cheese, shredded (cheddar)

Topping:

- 150 g cheddar cheese, shredded
- 2 T pak chee, roughly chopped

PREPARATION:

*Enchilada Seasoning:

1. Mix **Enchilada Seasoning Spices***. Used for filling and sauce.

Enchilada Sauce (or use recipe below)

1. **Make roux:** Heat oil in saucepan over medium heat. Add flour and stir 20 seconds.
2. **Add other ingredients:** Add 2 T enchilada seasoning, stock and passata. Stir to combine.
3. **Simmer to thicken:** Increase heat slightly to medium high. Cook for 4 minutes, whisking regularly, until the sauce thickens to the consistency of thick syrup. Remove from stove.

Chicken filling:

1. **Coat chicken:** Drizzle 1 T oil over chicken, mix to coat. Sprinkle with seasoning, toss to coat.
2. **Cook chicken:** Heat remaining 1 T oil in a large skillet over high heat. Add chicken, cook 2 minutes. Turn and cook 1½ minutes. Remove, rest 2 minutes then chop.
3. **Sauté onion:** In the same skillet, add onion and garlic, cook 1 minute. Add bell pepper, cook 2 minutes until onion is translucent.
4. **Add everything else:** Add refried beans, diced chicken, corn and water. Stir and cook for 2 minutes until reduces slightly. Should be thick and juicy, not watery.



Assemble and Bake:

1. **Preheat oven** to **180°C**.
2. **Smear** a scoop of enchilada **sauce** across base of 22 x 33-cm pan.
3. **Roll**: Lay **tortilla** on work surface. Spread $\frac{2}{3}$ **C filling** on lower third, sprinkle with **cheese** then roll up, finishing with the seam side down (to hold it closed). Repeat to make 8.
4. **Place** enchiladas in, pour over remaining sauce, sprinkle with **cheese**.
5. **Bake 20 - 25 minutes** or until cheese is melted and golden. Serve immediately, sprinkled with **pak chee**.

Recipe Notes:

1. **Tortillas** - For corn tortillas, warm in cast iron skillet at med-high for 15-30 seconds/side.
 2. **Refried beans** - Makes the burrito filling juicy and holds it together.
 3. **Tomato paste substitute** - instead of using puré, add 4 T tomato paste PLUS 1 extra cup of broth/stock PLUS 1 tsp sugar.
- Fully assemble ahead - best way is to fully cool the sauce and the rolled up enchiladas (place them in the pan). Then assemble. (Tortillas absorb far less sauce when both are cold). 95% as good as keeping separate.
 - Bake from frozen - The enchiladas can be baked from frozen. Cover with foil and bake 20 minutes, then remove foil and bake 20 minutes at 180°C.

Nutrition per enchilada. 471 cal.

*Enchilada seasoning spices:

- 1 T chili powder
 - 1 T paprika
 - 2 tsp ground cumin
 - 2 tsp light brown sugar
 - 2 tsp kosher salt
 - 1½ tsp onion powder
 - 1½ tsp garlic powder
 - 1 tsp dried oregano
 - 1 tsp chili powder
 - 1 tsp ground coriander
 - 1 tsp freshly ground black pepper
 - ¼ to ½ tsp cayenne pepper
1. Combine in an airtight container or small jar. Whisk or use a fork to break up the brown sugar.
 2. Store in a cool dry place for 1 to 2 years.

Enchilada Sauce

Recipe for double batch

- 90 ml olive oil
- 45 g all-purpose flour
- 2 T ground chili powder (to taste)
- 2 tsp ground cumin
- 1 tsp garlic powder
- ½ tsp dried oregano
- ½ tsp salt, to taste
- Pinch of cinnamon
- 4 T tomato paste
- 960 ml vegetable broth
- 2 tsp apple cider vinegar
- Freshly ground black pepper, to taste
- 2 tsp Mexican chocolate*



1. Measure the dry ingredients (**flour, chili powder, cumin, garlic powder, oregano, salt, cinnamon, Mexican chocolate**) into a small bowl and place it near the stove.
2. Place the **tomato paste** and **broth** near the stove as well.
3. In a medium-sized pot over medium heat, warm the **oil** until it's hot enough that a light sprinkle of the flour/spice mixture sizzles on contact. This might take a couple of minutes, so be patient and don't step away from the stove!
4. Once it's ready, pour in the **flour** and **spice mixture**. While whisking constantly, cook until fragrant and slightly deepened in color, **about 1 minute**.
5. Whisk the **tomato paste** into the mixture, then slowly pour in the **broth** while whisking constantly to remove any lumps.
6. Raise heat to **medium-high** and bring the mixture to a **simmer**, then reduce heat as necessary to **maintain a gentle simmer**. Cook, whisking often, for **about 5 to 7 minutes**, until the sauce has thickened a bit and a spoon encounters some resistance as you stir it. (The sauce will thicken more as it cools.)
7. Remove from heat, then whisk in the **vinegar** and season to taste with a generous amount of freshly ground black **pepper**. Add more salt, if necessary

Extra enchilada sauce will keep well in the refrigerator for up to 5 days. Or, freeze it for up to 3 months.

***To replace 29 g Mexican chocolate:**

- **29 g bittersweet or semi-sweet chocolate + ¼ tsp ground cinnamon**
- **1 T cocoa powder + 1 T sugar + 2 tsp butter or oil + ¼ tsp ground cinnamon**