



**COOKING CLASSES**  
AT SUR LA TABLE

**SIZZLING FAJITAS**

WITH SUR LA TABLE CHEF

# Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

## Proteins

- ☐ 1 1/2 pounds skirt or flank steak

## Produce

- ☐ 3 oranges or sour oranges
- ☐ 4 limes
- ☐ 3 garlic cloves
- ☐ 2 small bunches fresh cilantro
- ☐ 2 yellow onions
- ☐ 1 red bell pepper
- ☐ 1 green bell pepper
- ☐ 1 small white onion
- ☐ 1 serrano chile
- ☐ 4 ripe avocados

## Dairy

- ☐ 2 tablespoons lard, unsalted butter, or vegetable oil

## Pantry Items

- ☐ Extra-virgin olive oil
- ☐ Soy sauce
- ☐ Cumin seed
- ☐ Coriander seed
- ☐ Dark brown sugar
- ☐ Kosher salt
- ☐ Vegetable oil

## Dry/Canned Goods

- ☐ 1 1/2 cups masa harina (see recipe for substitutions)
- ☐ 3 whole dried ancho, guajillo, or pasilla chiles
- ☐ 1 small can chipotle pepper in adobo
- ☐ Asian fish sauce (such as red boat)

# Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

## Cutlery

- ☐ Chef's knife
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Mixing bowls (various sizes)
- ☐ Prep bowls
- ☐ Citrus juicer or reamer
- ☐ Tongs
- ☐ Wooden spoon
- ☐ Tortilla press (see recipe for substitutions)
- ☐ Offset spatula or fish spatula
- ☐ Spice grinder or mortar and pestle (optional)
- ☐ Silicone pastry brush
- ☐ Instant-read thermometer
- ☐ Whisk
- ☐ Silicone spatula
- ☐ Bench scraper (optional)

## Cookware

- ☐ Cast-iron skillet
- ☐ Large skillet
- ☐ Grill pan (optional)

## Appliances

- ☐ Food processor

## Bakeware

- ☐ Rimmed baking sheet

## Other

- ☐ Plastic wrap
- ☐ Paper towels
- ☐ Kitchen towels

## **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

### **Fresh Homemade Corn Tortillas**

1. If you're using butter for your tortillas, melt 2 tablespoons before class.
2. If you cannot find masa harina, please see the recipe for substitutions.

### **Carne Asada Fajitas**

1. Wash and dry all the produce.
2. Toast cumin and coriander in a skillet until fragrant, about 1- 2 minutes. Grind the spices into a fine powder in a spice grinder, mortar and pestle, or by crushing with the bottom of a heavy skillet into a powder.
3. 30 minutes before class, remove the steak from the refrigerator and allow it to come to room temperature.
4. Preheat the oven to 450°F.

### **Ultimate Guacamole**

1. Wash and dry all the produce.

## FRESH HANDMADE CORN TORTILLAS

**Yield:** 12, 5 to 6-inch tortillas

Tortillas can be made simply with flour and water and adding a bit of fat greatly improves flavor and texture. Lard, butter and oil will all yield great results, so use what is available or experiment with your favorite fat.

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*1 1/2 cups masa harina, plus more for dusting*

*1/2 teaspoon kosher salt*

*2 tablespoons fat (melted lard, unsalted butter, or vegetable oil)*

*1 cup hot water, plus more as needed*

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1. **To prepare the masa:** To a large mixing bowl, combine the masa, salt and fat. Thoroughly combine by mixing with your fingers or a whisk. Slowly stream in the water while mixing with your hands or a wooden spoon until the dough comes together into a ball. Turn the dough onto a lightly floured surface and knead until smooth, about 1 minute. Divide the dough into 12, 1-ounce portions and form each into a smooth ball. Place the masa balls on a baking sheet, cover with plastic and rest for 30 minutes.

2. After the dough has rested, preheat a cast-iron skillet over medium-high for 5 minutes, then reduce the heat to medium.

3. **To shape the dough:** If the dough has dried slightly during resting, wet your hands and roll each ball again to moisten. Place the dough between 2 sheets of plastic wrap and place directly in the center of the tortilla press. Press down firmly, then re-center the tortilla and press again, repeating 1 to 2 more times or until the tortilla is 1/8" thick. Transfer the formed tortillas to a baking sheet and cover with plastic wrap. Shape several more tortillas.

4. **To cook the tortillas:** To the preheated cast-iron skillet set over medium heat, place the raw tortillas into the hot pan, a few at a time. Cook the tortillas until brown spots appear on the bottom, about 1 minute. Flip the tortillas and cook on the opposite side. Transfer the cooked tortilla to a baking sheet and cover with a damp towel or plastic wrap to trap in the heat and moisture. Press the next batch of dough and cook in the hot skillet. Once you get the hang of it, transfer the pressed tortillas straight into the hot skillet and start pressing the next batch while cooking the previous batch.

5. When ready to serve, wrap the tortillas in foil and reheat the tortillas in a 350°F oven for 10 minutes. You can store the tortillas tightly wrapped in plastic in the refrigerator for up to 2 days.

### **Recipe variations:**

- If you do not have a tortilla press, cut a plastic storage bag in half so that you have 2 equal pieces. Place one piece on a flat surface, place a masa round in the center and top with the second piece of plastic. Press until flat using the flat bottom of a skillet.

***Masa harina substitutions:***

- Masa Preparada (prepared masa dough).
- If you cannot find masa harina or masa preparade please purchase your favorite 4-inch flour or corn tortilla.

## CARNE ASADA FAJITAS

***Yield: 4 servings***

Great carne asada should have a flavorful marinade that does not overwhelm the smoky and juicy flavor of grilled beef. It should also be tender enough that you can eat it in a taco or fajita. Try finding one of each chile for a nuanced authentic flavor.

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*3 whole dried ancho, guajillo, or pasilla chiles, stems and seeds removed*

*1 whole chipotle pepper, canned in adobo*

*2/3 cup freshly squeezed orange juice*

*1 tablespoon fresh lime juice, plus more to taste*

*1 tablespoon extra-virgin olive oil*

*1 tablespoon soy sauce*

*1 tablespoon fish sauce*

*3 medium garlic cloves*

*1 cup fresh cilantro leaves, divided*

*1/2 tablespoon cumin seed, toasted and ground*

*1/2 teaspoon coriander seed, toasted and ground*

*1 tablespoon dark brown sugar*

*Kosher salt*

*1 1/2 pounds skirt steak (1 to 2 whole skirt steaks), trimmed*

*Vegetable oil*

*1 large yellow onion, sliced into 1/4" slices*

*1 red bell pepper, seeded and cut into 1/4" slices*

*1 green bell pepper, seeded and cut into 1/4" slices*

### ***For serving:***

*Warm corn tortillas*

*Lime wedges*

*1 small white onion, diced*

*Fresh cilantro*

*Guacamole*

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1. To a skillet set over medium heat, add the chiles and cook until toasted and fragrant, about 3 minutes. Transfer the chiles to a food processor and add the chipotle peppers, orange juice, lime juice, olive oil, soy sauce, fish sauce, garlic, 1/2 cup of the cilantro, cumin seed, coriander seed and brown sugar. Blend until smooth, about 1 minute. Taste and adjust the seasoning with salt and lime juice. Transfer half of the mixture to a large mixing bowl and the other half to a small bowl.

2. **To prepare the marinade:** To the large mixing bowl, add 1 teaspoon of salt. Stir to combine. Add the steak and stir to coat the steak thoroughly with the marinade. Cover the bowl with plastic wrap and transfer to the refrigerator. Refrigerate for at least 1 hour and or overnight.

3. Preheat the oven to 450°F and position a rack in the center.

4. **To cook the onions and peppers:** To a large skillet set over medium-high heat, add 1 tablespoon of vegetable oil. Once the oil is shimmering, add the onions and cook, stirring occasionally, until slightly browned and translucent, about 5 minutes. Add the peppers and cook until the peppers begin to caramelize and soften, about 3 minutes. Season the onions and peppers with salt and pepper. Transfer to a serving bowl and tent with foil to keep warm.

5. **To grill the steak:** Set a grill pan over medium-high heat and heat until hot but not smoking. With a silicone pastry brush, brush the grates with vegetable oil.

6. Remove the steak from the marinade and wipe off the excess. Using tongs, place the steak onto the grill pan and cook until seared and caramelized on one side. Turn the steak and transfer the grill pan to the oven. Cook the steaks until well charred on the outside and an instant-read thermometer inserted into the thickest part of the steak reads 125°F, about 3 to 5 minutes. Transfer the steak to a cutting board and allow to rest for 5 minutes.

7. **To serve:** Slice the steak thinly against the grain and serve immediately, with the extra salsa, lime wedges, guacamole, onions, cilantro and tortillas on the side.

**Recipe variations:**

- Chicken breast can be easily substituted for steak in this recipe. Take care to cook the chicken to 165°F before slicing.



## ULTIMATE GUACAMOLE

***Yield: 4 servings***

Combining the aromatics with salt before pounding them results in a finished guac that's noticeably more flavorful.

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*1 small yellow onion, roughly chopped*  
*1 serrano chile, roughly chopped*  
*1/2 cup fresh cilantro leaves, finely chopped, divided*  
*2 teaspoons kosher salt*  
*4 ripe avocados*  
*2 tablespoons fresh lime juice*

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1. Combine the onion, chile, half of the cilantro, salt and half of the lime juice in a food processor and process until a smooth paste is formed, scraping down the sides as necessary.
2. Split each avocado in half, discard the pits and spoon out the flesh into a medium mixing bowl. Roughly mash with a stiff whisk. Add the onion/chile purée and the remaining cilantro leaves. Fold to combine. Taste and adjust the seasoning with salt and lime juice. Serve immediately.

### ***Recipe variations:***

- Up your heat by adding more serrano chile peppers to your guac.
- Lower your heat by removing the seeds and membrane from your serrano chile peppers.