

**Whats for Dinner Canton.com**  
**Chef Herrera, C.C.E.**

<b>Menu Item</b>	<i>Roasted Adobo Chicken Tostada</i>
<b>Number of Portions</b>	6
<b>Portion Size / Yield</b>	n/a
<b>Cooking Method</b>	<b>OVEN ROASTING</b>
<b>Temperature</b>	165°F
<b>Equipment needed</b>	<i>Cutting board, knife, casserole dish, blender or food processor, 2 forks and a stock pot</i>

**Ingredients:**

Amount	Item
	<b>*ADOBO:</b>
12	<i>Dried Guajillo peppers</i>
1/2 a lime	<i>Fresh Lime juice</i>
1/2	<i>Onion, minced</i>
1 teaspoon	<i>Salt</i>
1 teaspoon	<i>Fresh garlic, minced</i>
1 cup	<i>Chicken stock</i>
6	<i>Chicken thighs</i>
	<i>Tostada assembly</i>
6	<i>Corn tostada shells (precooked)</i>
1 cup	<i>Frijoles</i>
1 cup	<i>Queso Fresco</i>
As needed	<i>Salsa (green or red will do)</i>

**Procedure / Method :**

**PRE- SANITATION DETAIL:**

1. Put on a clean apron, hair restraint
2. **WASH YOUR HANDS!**
3. Sanitize all work surfaces and equipment.

**DIRECTIONS:**

1. Begin to boil water in a stock pot. Turn it off and place the peppers in the pot for 15 minutes. Put on a pair of gloves. Remove and drain the peppers in the sink. Split and remove the seeds and veins. Peppers should be flexible.
2. Place the peppers, stock, onions, lime juice, salt and garlic in a blender or food processor. Puree until smooth yet thick, a little thinner than peanut butter (add more liquid if needed).
3. Rinse and drain the chicken with cold water. Pat dry and place the chicken into a casserole dish. Pour the Adobo over the chicken and give it a good massage. Wrap and place in the fridge for 24 hours.
4. Bring the chicken out and let rest for 30 minutes before putting it into a 350°F oven. Cook uncovered for 1 hour. Remove (internal temp at 165°F and let it rest for 30 minutes. Shred with forks.
5. **Assembly:** Spread the frioles over the tostada shell, then a small amount of the chicken followed by the cheese and salsa.

**POST-SANITATION**

1. Wash all equipment and put them away.