

Enchiladas de Pollo

This Enchilada recipe has been verified by countless family members as being good so I hope everyone enjoys them.

Ingredients:

2 14oz can Tomatoes (DelMonte started making canned chopped tomatoes and I usually go after the Mexican Recipe version) I think these are about 14oz each so just pick up 2 cans of them.

1 4oz can green chili (note: for added flavor, just pick up a small can of Rotel instead.

1/2tsp (or so) coriander seed

1/2tsp salt

1 cup dairy sour cream (just get the normal stuff, not the fat free or any other imposter)

2 cups cooked chicken (or so) (note: I usually ask the butcher to 'tenderize' 4 half breasts, in some stores you can find ground chicken which I prefer to use) anyway the end result is that you need this to be finely chopped or shredded.

2 small pkgs (3oz) cream cheese - (note: as a reminder, use the normal cream cheese not the low-fat or fat free variety, it wouldn't taste very good!).

1 onion finely chopped

small can of Crisco

2 pkgs corn tortillas (try and find the thicker tortillas, Lil' Guy brand has some)

2 cups (or so) shredded cheese - I use Monterrey Jack, and sometimes buy the Mexican blend from Kraft or Sargento, either choice will work.

1 jalapeño seeded and chopped

3 tblsp (or so) Chili Powder

2 tblsp (or so) Cumin

DIRECTIONS:

Start the Chicken cooking in a little bit of oil (olive oil, or some other vegetable oil if that's all you have). I like to add a little salt and cumin at this point. After the chicken is fully cooked, remove it from the pan and cut, chop, or shread to the desired consistancy. Place the 'processed' chicken in a large bowl. Add the cream cheese and just let it sit on top of the chicken, we will mix it up later.

While the Chicken is cooking you can make the sauce. Place the undrained cans of tomatoes in a blender with the chili/rotel, coriander seed, jalapeño and about ½ tsp of salt. Blend thoroughly. Add sour cream, blend some more. You are now done with the sauce, set this aside.

Go get the bowl that has the chicken and cream cheese, it's time to mix this up. Add chopped onion, some more salt, and some Cumin if you have some. You may also add Chili Powder (just sprinkle some over the mixture, don't get so hung up on the measurements!). Set this aside. Now you are ready for assembly.

Assembly:

You need a small skillet on medium heat, place a heaping spoonful of Crisco in the skillet. While heating, fold a few paper towels and place on the counter next to the skillet, but not touching the burner or gas flames under the skillet, this way you can prevent burning down your kitchen. Find a baking dish (preferably a 9x13 rectangular pan, no it doesn't matter if it's glass or metal). Place baking pan next to the paper towels you just laid down.

I usually work from left to right but you can do this any way you like. In my kitchen, I have the stove to my left with the skillet on the burner nearest me (right front burner), then paper towels folded on the counter next to the stove, and the baking pan to the right of the paper towels. Now place the shredded cheese and chicken mixture nearby. I usually have these next to the baking dish or wherever I can reach them. Finally get a small bowl, put a few ice cubes in it and add water to the bowl so it is not quite full. Place this near the baking dish as well.

By now, the Crisco has melted, sprinkle some Chili Powder in the skillet, be generous. You might hear it sizzle, and that's fine.

The procedure is to dip the tortillas one-at-a-time in the hot oil, turning once making sure every bit of tortilla has oil, total time in oil is about 3 or 4 seconds. Remove the tortilla be careful not to tear it, a set of tongs work really well for this step. Rest the tortilla a few seconds on the paper towels, then lay in baking dish.

Add a spoonful of the Chicken Mixture and some of the shredded cheese and roll-up the tortilla. Arrange the rolled up tortillas to maximize the number of these you can fit in the pan. Oh, one thing, after you roll up the tortillas, your fingers will be in some minor pain from the scalding hot oil, just dip them in the bowl of ice water. This procedure takes some time, almost 30 seconds per tortilla, and after making these a few times, you can decide how to arrange your pans, and ingredients so that they make the most convenient for you. Also, you may need to adjust the amount of ingredients as you sometimes end up with additional chicken mixture, etc. Just get an additional pan, try not to stack these on top of each other. Once complete, move on to the final step.

Final Step:

Go get the sauce you made in the blender and pour it over the rolled up tortillas in your pan. Use a spoon or something to ensure complete coverage. Cover the pan(s) with foil and bake for 30 minutes in a 350° F degree oven. Makes around 6 servings or so. Enjoy!