



THURSDAY, MAY 20

3:00pm

COOK-ALONG GUIDEBOOK

LET'S GET COOKIN'



ABOUT THIS COOK-ALONG EVENT

We are excited to offer this free virtual event with food and fun! Laugh and cook along with us during this LIVE cooking tutorial. For the past sixteen years, Chef Alice Colin has been offering hands-on public classes and privately-booked cooking classes in a variety of exciting global cuisines. Have fun while learning essential knife skills, cooking techniques, and loads of pro tips to last a lifetime!

This Cook-Along is simple and full of essential nutrients. Within this Guidebook you will find login information for the event, supply lists, and recipes that you can keep for future meals. Everything you need is in this Guidebook to help follow along with Chef Alice as she prepares this delicious meal with you.

HOW IT WORKS

You will need a computer, smartphone, or tablet for this event. Download the Zoom Cloud Meetings app on your smartphone or tablet, or go to www.zoom.us on your computer. Click on "Join a Meeting" and type in the unique event information below:

Meeting ID: 824 0892 6339

Password: COOK

DURING THE LIVE EVENT

This event is meant to be as interactive as possible! All participants will be muted, but if you have a question, ask directly in the Zoom chat. Chef Alice will answer as she goes!

Follow along with Chef Alice as she cooks, and also use this Guidebook as a reference. Find the equipment, materials, and recipes needed for this event in the sections below.

KITCHEN TOOLS & EQUIPMENT

- Chef knife
- Food processor or small blender
- Indoor grill or grill pan
- Jar or container with tight-fitting lid
- Large bowl
- Pastry brush
- Rubber Spatula
- Spoons: large for mixing, teaspoons for tasting
- Whisk

SHOPPING LIST

Pantry & Refrigerated:

- Canned Chipotles in Adobo Sauce
- Canola oil or Vegetable oil
- Chicken breast halves, pounded out to even thickness
- Cotija (Mexican cow's milk cheese) or Parmesan cheese
- Honey or sugar
- Mayonnaise, preferably Hellman's
- Olive oil
- Orange juice
- Sour cream or plain yogurt, any type
- Spices: Kosher salt, black pepper, ground cumin, dried oregano, Tajin (or chili powder)
- White vinegar

Produce

- Angel Hair Coleslaw Mix, like Fresh Express or store brand
- Avocado
- Cilantro
- Corn, if out of season or unavailable, substitute with frozen corn, thawed
- Garlic
- Green onions
- Limes
- Radishes

BEFORE THE CLASS

Preparation

- Assemble ingredients as they appear in recipe; we will cut produce together
- Cutting Board anchored in place with a damp towel
- Marinate chicken up to four hours; remove from refrigerator a half hour before cooking
- Line a medium bowl with a grocery bag to serve as a garbage bowl

MEXICAN GRILLED CHICKEN BREAST WITH SPICY AVOCADO SAUCE (SERVES 4)

Ingredients

- 4 chicken breast halves, pounded out to even thickness
- Kosher salt and freshly cracked pepper
- Marinade
- ¼ cup olive oil or canola oil
- 2 tablespoons orange juice
- 2 tablespoons white vinegar
- 1 garlic clove, smashed
- 2 teaspoons honey or sugar
- 2 teaspoons puree from canned chipotles or for a milder heat substitute with chili powder
- 1 teaspoon ground cumin
- ½ teaspoon dried oregano, crushed between your thumb and forefinger

Instructions

In a deep dish or pie plate, add all marinade ingredients, stirring until well combined. Add chicken and refrigerate up to four hours.

Remove chicken from the refrigerator an hour before cooking. Brush grill grates or pan with oil. Heat a grill or grill pan on medium-high heat. Scrape excess marinade off chicken; season both sides with salt and pepper. Grill chicken, turning once, until browned and cooked through, 3-4 minutes per side (time may vary depending on thickness of chicken. Internal temp 165 degrees) Allow chicken to rest five minutes. Drizzle with avocado sauce.

SPICY AVOCADO SAUCE

Ingredients

- 1 avocado
- 1 lime, juiced
- ½ cup cilantro, including stems
- 1 small garlic clove, smashed
- ⅓ cup plain yogurt or sour cream
- 2 teaspoons hot sauce, or to taste
- ½ teaspoon kosher salt, or to taste
- 2 tablespoons water, or more, to achieve desired consistency

Instructions

Combine ingredients in a food processor, until smooth. Add additional water by the tablespoon, for desired consistency. Taste for seasoning. Sauce will keep for 3 days in an airtight container.

MEXICAN SLAW

(SERVES 6-8)

Ingredients

- ⅓ cup canola oil or vegetable oil
- ¼ cup white vinegar
- 2 tablespoons honey or sugar
- 1 tablespoon adobo puree from canned chipotles in adobo; reduce amount if you prefer a milder heat
- ½ teaspoon salt, or to taste
- 1 (10 ounce) package Angel Hair Coleslaw mix, like Fresh Express, Dole or store brand
- ½ cup green onions, thinly sliced
- ½ cup radishes, ends trimmed, halved and thinly sliced
- ¼ cup chopped cilantro
- Salt and freshly cracked pepper, to taste

Instructions

For dressing: Add all dressing ingredients to a jar or container with a tight-fitting lid. Shake well. Taste, for seasoning. (Dressing may be made up to a week ahead. Store in the refrigerator.)

Add dressing to a large bowl. Add the coleslaw mix, green onions and cilantro, and toss until well combined. Season to taste with salt and pepper. (Slaw may be made up to an hour ahead.)

ELOTE CORN

(SERVES 4)

Ingredients

- Crema
 - 1/4 cup mayonnaise
 - 1/4 cup sour cream
 - 2 teaspoons Tajin seasoning (Mexican product), or chili powder mixed with 1/2 teaspoons salt, plus more for dusting
- 4 ears corn*, shucked and silk removed
- 1/2 cup finely grated Cotija (aged Mexican cow's milk cheese) or grated Parmesan cheese
- 1/4 cup cilantro leaves, finely chopped
- 1 lime, cut into wedges, for serving

Instructions

Preheat grill or grill pan on high.

Combine mayonnaise, sour cream, Tajin seasoning or chili powder and salt. Stir until well-combined.

Preheat electric grill, gas grill or grill pan to medium-high. Place corn directly on grill (or grill pan, if using) and cook, rotating occasionally, until charred in spots on all sides, about 5-7 minutes total.

Use a pastry brush to generously coat corn on all sides with crema. Sprinkle generously with cheese, and lightly sprinkle Tajin (or chili powder and salt mixture) and cilantro. Serve with lime wedges.

*NOTE: If corn is not in season, may substitute with frozen.

Elote Off the Cob

3 cups thawed, frozen corn

Heat a large nonstick skillet over medium-high heat, and coat with cooking spray. Add corn to skillet. Cook for 5 to 10 minutes, until lightly charred in spots, stirring frequently; careful, corn may pop...Add toasted corn to a medium bowl. Stir in crema, cilantro



THANK YOU!

We hope you enjoyed this event and hope to see you join into more online activities. For more online activities and classes visit www.cenclub.com

If you are interested in more cooking with Chef Alice, sign up for her next online class!

Visit www.cenclub.com/classes

Don't forget to visit Chef Alice's website!

www.chefalicecooking.com

