
Chicken & Taro Flautas

Description

Try this twist on flautas using taro. If taro is not available, you may substitute with any starch, such as mashed potatoes, refried beans or red kidney beans.

Total time: 1 hr 15 min Yield: 4 Servings

Ingredients

- 1 small yellow onion
- 1 bunch cilantro (leafy tops cut from stems)
- 8 clove garlic
- 1 jalapeno
- 1 Tbsp chili powder
- 1/4 tsp cayenne pepper
- 2 Tbsp salt
- 5 Tbsp grapeseed or canola oil
- 2 lb boneless chicken thighs
- 2 cup chicken stock
- 2 lb Hawaiian or Chinese taro (steamed, cleaned, diced, frozen; refried beans may be substituted)
- 1/4 tsp cumin
- 1/4 tsp coriander
- 1 cup Monterey Jack cheese (shredded)
- 8 flour tortillas (8")
- 3 cup iceberg lettuce
- 1 cup sour cream
- hot sauce or salsa

Prep Time: 1 hr 15 min Total Time: 1 hr 15 min

Instructions

In a blender, purée onion, cilantro stems, garlic, jalapeno, chili powder, cayenne, and approximately 1 tablespoon salt and grapeseed or canola oil. Toss with chicken and allow to marinate overnight.

In a heavy pot, add chicken stock, frozen taro, cumin, coriander and 1 tablespoon salt. Simmer (about 1 hour), stirring occasionally until taro takes on the consistency of refried beans. Adjust seasoning as desired. Stir in Monterey Jack cheese.

After allowing the chicken to marinate overnight, grill or broil the chicken in an oven until cooked through, then roughly chop. Lay out a tortilla, smear a layer of cooked taro in the center and then add the

chicken. Roll into a burrito shape, secure with a toothpick. Repeat with remaining tortillas and filling. In a heavy pot, add 3 to 4 inches of oil. Using a candy thermometer, heat to 350° F. Fry until crispy and brown, approximately 4 to 5 minutes. Serve immediately with lettuce, sour cream and hot sauce or salsa.

Recipe brought to you by:

Chef Mark Noguchi

Source:

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