

NAMES & JOBS

_____	Head Chef
_____	Sous Chef
_____	Class Host
_____	Kitchen Manager

KITCHEN Color

Food Lab #1 - Student Teams

Mexican Black Bean Salsa & Baked Tortilla Chips Recipe

Some people may not know this, but there are a number of varied "salsas" in Mexican cooking.

The most popular, and the one that we are most familiar with, particularly in the UK or the US, is the Mexican salsa, which is red in color and contains tomatoes as the main ingredient.

In Spanish, "salsa" means sauce and can be used to describe any type of sauce that is served with food, while in the English language, "salsa" refers to the tomato-based spicy condiment that is served as a dip with Mexican food.

Mexican salsa is very easy to prepare and can be made in a matter of minutes. It can be served as an appetizer and is also very popular at parties or even as a snack to be eaten at home while watching the television.

Mexican salsa is traditionally served with tortilla chips, bread sticks, pita bread, and raw vegetables or as a spread for tacos, fajitas and quesadillas.

Salsa is not usually cooked, although there are some recipes that call for the chilies and tomatoes to be grilled or charred to give a smoky flavoring.

There are variations on how to make Mexican salsa and it generally depends on where in Mexico the cook is from. A person from the north of Mexico may use several different ingredients to someone from the south of Mexico; however the basic ingredients are red tomatoes, onions, Serrano chilies and salt and pepper.

In some recipes cilantro or [coriander](#) is often added, as is garlic, red or green peppers, jalapeno peppers and lime or lemon juice. The salsa can be prepared in a blender or more often than not, the ingredients are all chopped and mixed together by hand.

Many people assume that Mexican salsa is very hot and spicy. This can be true, although some salsas are extremely mild in taste. When preparing your own salsa at home, for a hot and spicy version, just add extra jalapeno peppers or extra chilies.

Video clips to help you prepare

Note: the recipes are not the same amounts as yours, watching these videos give you an idea of the process of the directions.

How to make the salsa and use a food processor

<https://tinyurl.com/jgqxatn>

How to make the chips

<https://tinyurl.com/z72uwao>

How to set a table

<https://tinyurl.com/yc32zbfz>

How to wash the dishes

<https://tinyurl.com/lrjvvyx>

<http://tinyurl.com/n3q4fox>

Mild Mexican Salsa – HEAD CHEF will prepare

YIELD: 1-2 Cup of Salsa

What do the abbreviations mean? Fill in the blanks

Ingredients

- 2 medium tomatoes, diced (cut each tomato into 4 large chunks)
- ½ small onion (cut into 2 chunks)
- 1 clove of garlic
- 1 Tb _____ jalapeno
- 3-4 stalks of cilantro
- ¼ t _____ sea salt
- ¼ t _____ pepper
- 1 Tbl _____ lemon juice
- ½ cup of canned black beans (drained and washed)

Garnishing with:

Shredded cheese

Directions

1. Get your ingredients from Mrs. Creech's table
2. Wash 2 tomatoes and cut into 4 chunks
3. Cut your onion into 2 chunks
4. Place cilantro and cloves of garlic in food processor and press PULSE
5. Then layer in your tomato into 4 chunks and onion chunks and press PULSE.
6. Season with salt and pepper and add lemon juice. (these items in your kitchen)
7. Add drained and washed black beans and press PULSE.
8. Place the salsa in the center of the plate. (sous chef will arrange chips around the salsa)

9. Make sure kitchen and food prep area is clean and kitchen tools are wash & dried and leave kitchen tools in the dryer basket.
10. Help the Sous Chef, take plates out to your team's table.
11. Sit and enjoy your creation with your team.
12. Clean up your teams table for next class.

After Reading the recipe list the kitchen tools you will need:

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Tortilla Chips – SOUS CHEF will prepare

YIELD : 32 chips for a group of 4

Ingredients

- · corn tortillas
- · 2 Tablespoons olive oil
- · 1 teaspoon sea salt

Directions

1. Preheat the oven to 400 degrees F. (Do this as soon as you get into kitchen before washing hands)
2. Measure the oil and salt into a small bowl.
3. Place tortillas on the baking sheet.
4. Brush both sides of tortillas with oil.
5. Stack the tortillas and cut the pile into 1/4 's to make [chips](#).
6. Spread the chips out in a single layer on one or two large baking sheets.
7. Bake until golden brown and [crisp](#), rotating the baking sheets once after 7 min (changing from top to bottom rack),
8. Bake about total of 12 to 15 minutes.
9. Place 8 around the edge of each plate for all the members of your team.
10. On each plate place a spoonful of black bean salsa in center of plate.
11. Garnish with cheese.
12. Take plates to table.
13. Make sure kitchen and food prep area cleaned and kitchen tools put away.
14. Go to table and place napkin in lap.
15. Sit and eat as a group.
16. After eating, be ready to clean up tables for next class.

After Reading the recipe list the kitchen tools you will need:

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