



Crispy Fried Tacos with Salsa Verde

READY IN



125 min.

SERVINGS



10

CALORIES



471 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 8 peppercorns black
- ☐ 0.3 cup bread crumbs
- ☐ 4 pounds chicken breasts with skin and bones
- ☐ 0.5 cup cilantro leaves chopped for garnish
- ☐ 0.5 cup freshly cilantro leaves chopped
- ☐ 10 corn tortillas
- ☐ 10 servings cotija cheese grated
- ☐ 1 garlic clove

- ☐ 5 garlic cloves smashed
- ☐ 0.8 cup heavy cream
- ☐ 1 teaspoon kosher salt plus more for seasoning
- ☐ 2 tablespoons kosher salt
- ☐ 2 pounds roma tomatoes
- ☐ 2 tablespoons safflower oil for frying
- ☐ 1.5 pounds tomatillos
- ☐ 0.5 cup onion white roughly chopped
- ☐ 1 cup onion white chopped
- ☐ 1 less
- ☐ 10 servings wooden toothpicks
- ☐ 10 servings wooden toothpicks

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ pot
- ☐ blender
- ☐ toothpicks

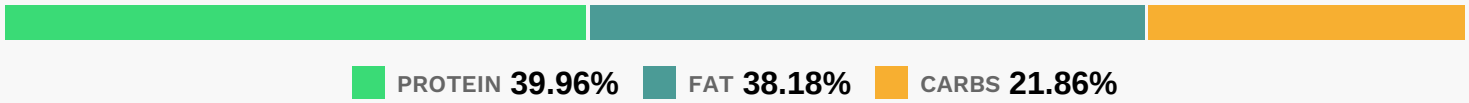
Directions

- ☐ Rinse chicken breast in cold water and add to a large pot. Cover with water and add 4 smashed garlic cloves and 1 tablespoon of salt. Bring to a boil over medium heat. Reduce the heat and simmer, uncovered, until chicken is cooked through, about 25 minutes.
- ☐ Drain and transfer to a large bowl. Shred the chicken when it is cool enough to handle. Set aside 4 cups of chicken.
- ☐ Put the tomatoes in a large pot and cover with water. Bring to a boil, then reduce the heat and simmer until cooked through and soft, about 15 minutes.

- ☐ Transfer the tomatoes to a blender along with the remaining tablespoon of salt, whole cloves, peppercorns, white onion and remaining garlic clove. Puree until smooth.
- ☐ Add 2 tablespoons of corn oil to a large pan, over medium-high heat. Once hot, add the tomato puree, bay leaves and the shredded chicken and stir. Simmer until the mixture has thickened, about 10 minutes. Stir in the cream and bread crumbs and simmer until mixture has thickened again, about 4 to 5 more minutes.
- ☐ Mixture will be moist but not too wet, which will be perfect for filling the tacos.
- ☐ Preheat the canola oil in a deep-fryer to 350 degrees F.
- ☐ Heat the tortillas on a hot comal or dry skillet over medium heat for a minute. This will prevent them from breaking when rolling into a taco. Put 1 to 2 tablespoons of the filling on each tortilla and roll.
- ☐ You can insert wooden toothpicks through 2 tacos at a time, so they will fry evenly and hold their shape. Once the oil is hot, dip the taco pairs in the hot oil. Fry until the tacos have crisped and gained a golden color, about 2 to 3 minutes. You may want to flip for another minute to the other side.
- ☐ Remove from the oil and put on a plate or tray covered with paper towels. Arrange the tacos on a serving platter and garnish with cilantro.
- ☐ Serve alongside Salsa Verde Pueblera.
- ☐ Cook's Note: If you don't want to fry the tacos, roll them, and toast them over a hot comal or dry skillet. Toast and turn until they are crisp enough to your liking. It will take about 5 minutes per side.
- ☐ A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.
- ☐ Rinse the tomatillos under cold water.
- ☐ Put them in a pot and cover them with water. Bring to a boil, over medium heat. Reduce the heat and simmer uncovered, until their color has changed and they are cooked and soft but not falling apart, about 10 minutes.
- ☐ Add the tomatillos to a blender along with the chile, the garlic clove and a teaspoon of salt. Puree until smooth. Stir in the chopped cilantro and onion. Taste for salt and add more, if necessary.
- ☐ Pour into a serving bowl and garnish with cheese, if desired.

A viewer, who may not be a professional cook, provided this recipe. The Food Network Kitchens chefs have not tested this recipe and therefore, we cannot make representation as to the results.

Nutrition Facts



Properties

Glycemic Index:32.55, Glycemic Load:6.95, Inflammation Score:-8, Nutrition Score:31.00304318511%

Flavonoids

Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg, Isorhamnetin: 1.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg, Quercetin: 6.37mg

Nutrients (% of daily need)

Calories: 470.53kcal (23.53%), Fat: 19.96g (30.71%), Saturated Fat: 9.45g (59.07%), Carbohydrates: 25.72g (8.57%), Net Carbohydrates: 21.04g (7.65%), Sugar: 7.05g (7.83%), Cholesterol: 162.99mg (54.33%), Sodium: 2223.89mg (96.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.01g (94.03%), Vitamin B3: 21.67mg (108.34%), Selenium: 66.1µg (94.43%), Vitamin B6: 1.72mg (86.02%), Phosphorus: 637.74mg (63.77%), Potassium: 1211.8mg (34.62%), Vitamin B2: 0.55mg (32.28%), Vitamin B5: 3.2mg (31.99%), Vitamin C: 25.72mg (31.18%), Vitamin A: 1393.1IU (27.86%), Magnesium: 101.19mg (25.3%), Calcium: 220.03mg (22%), Manganese: 0.44mg (21.9%), Vitamin K: 21.02µg (20.02%), Vitamin B1: 0.3mg (19.74%), Fiber: 4.68g (18.72%), Zinc: 2.72mg (18.13%), Vitamin B12: 0.91µg (15.13%), Iron: 2.15mg (11.92%), Copper: 0.24mg (11.81%), Folate: 45.92µg (11.48%), Vitamin E: 1.63mg (10.86%), Vitamin D: 0.59µg (3.91%)