



Make it Fresh with Cooking Counts

Lesson Plans for: *Chicken Enchiladas*

Course Description:

This hands-on training will introduce you to the Chicken Enchiladas recipe and help you better understand the process of making it following the standardized recipe.

Estimated class time: 3 hours

Local Ingredients:

This recipe features the following local ingredient(s): onions, chicken and peppers.

[Choose Iowa Food of the Month Resources](#)

Preparation:

Equipment Needed	Grocery List
Saucepan	Vegetable oil
Cutting board	Onions
Knife	Green bell pepper
Hotel pan	Tomato sauce
Mixing bowls	Tomato paste
Sheet pan	Chicken broth
	Sugar
	Chili powder
	Cumin
	Garlic powder
	Boneless skinless chicken breast
	Whole grain flour tortillas
	Cheddar cheese

Opening Remarks:

Today's lesson is Chicken Enchiladas. The flour tortillas in this recipe are overflowing with savory chicken, cheese and zesty enchilada sauce. The house-made enchilada sauce adds an extra layer of deliciousness.

Understand the Ingredients and Methods:

Many chefs believe that good sauces are the pinnacle of all cooking. A sauce works like a seasoning. It enhances and accents the flavor of the food, but should not overpower the food. Sauces are flavorful liquids used to season, flavor and enhance other foods. Sauces add moistness, flavor, richness, add to the appearance and improve interest in a dish.

All sauces consist of three kinds of ingredients:

- A liquid, the body of the sauce
- A thickening agent
- Additional seasoning and flavoring ingredients



The liquid, thickening agent and seasonings each contribute to the final product to create a sauce with the correct viscosity and balanced flavors. Most sauces use starch to thicken sauces, but today's enchilada sauce will use tomato paste.

Show video:

[Chicken Enchiladas](#)

Lab:

Remember your mise en place!

Prepare recipe

(This can be done in teams, individually or as a demonstration)

Discussion and Evaluation:

1. Did you achieve the yield identified in the recipe? Why or why not?
2. Review the appearance of the finished product. Does it look appetizing? Does appearance indicate freshness? Overcooking?
3. Texture – Is the product easy to cut and chew? Is it too soft for the ideal product?
4. Flavor – Evaluate the flavor. Does the natural flavor of the ingredients come through? Is the seasoning adequate?
5. What potential challenges and solutions do you see when making this recipe for a large number of students?
6. When customizing this recipe for your operation what modifications need to be made to the standardized recipe to make it work in your facility with your staff and your equipment?