Equipment Needed for Taco Time

☐ Oven/stovetop
☐ Large mixing bowl
☐ Measuring cups and spoons
☐ Wooden spoon or silicon spoon
☐ Parchment paper
☐ Rolling pin
☐ Griddle or non-stick skillet
☐ Spatula or tongs
☐ Large sauce pot or skillet with high sides with lid
☐ Food processor or blender
☐ Grill, grill pan, or cast iron skillet
☐ Aluminum foil

Equipment Provided at Saturday (11.07.20) Pick Up

☐ Tortilla warmer
☐ Apron
☐ Taco holder
Taco Time Master Ingredient List

- 4 cups Masa Harina  
  (Possible substitute: Gluten free flour mix)
- Lime Juice (5-6 limes)
- 3 tsp Kosher Salt  
  (Possible substitute: Sea Salt, Table Salt)
- 3 cups All Purpose Flour
- 1 tsp Baking Powder
- 1/3 cup Vegetable Oil  
  (Possible substitute: Canola oil)
- ¼ cup Extra Virgin Olive Oil
- ¼ cup Unsalted butter
- 3 medium yellow onion
- Fresh Garlic (6 cloves)
- 1 bunch Cilantro
- 4 Tbsp Ground Cumin
- 2 lbs Yukon potato
- Fresh Corn (2-3 ears; 1 cup)  
  (Possible substitute: Frozen corn)
- 2 large Poblano peppers
- Boneless Skinless Chicken Breast (4)  
  (Possible substitute: Boneless Skinless Chicken Thighs)
- 3 Tbsp Orange juice
Taco Time Master Ingredient List (cont’d)

☐ 2 Tbsp White vinegar  (Possible substitute: White wine vinegar, Apple Cider Vinegar)
☐ 2 Tbsp Canned chipotles in adobo sauce
☐ 2 Tbsp Chili powder
☐ ½ tsp Paprika
☐ ½ tsp Garlic powder
☐ ½ tsp Onion powder
☐ ½ Dried Oregano
☐ Pinch Cayenne powder
☐ 1 lb Lean ground beef  (Possible substitute: Ground turkey)
☐ 1 Tbsp Apple Cider Vinegar
☐ 1 tsp Brown sugar
☐ 1 Jalapeno pepper

*Possible garnishes: hot sauces, avocado, sour cream, shredded cabbage, shredded lettuce, cilantro, diced tomatoes, shredded cheese

www.recreation.ucla.edu
Week 1 Ingredient List

**Corn Tortillas:**
- ☐ 2 cups Masa Harina
- ☐ 1-3/4 cup hot water
- ☐ 1 Tbsp fresh lime juice
- ☐ 1/2 tsp kosher salt

**Flour tortillas:**
- ☐ 3 cups AP flour
- ☐ 1-1/8 tsp salt
- ☐ 1 tsp baking powder
- ☐ 1/3 cup vegetable oil
- ☐ 1 cup warm water
*Will need to have corn tortillas from previous week or made before class
(Ingredient list would be 1 choice from week 1)

Potato, Poblano and Corn Tacos:

- 1/4 cup extra virgin olive oil
- 1/4 cup butter
- 1 1/4 cups yellow onion, diced
- 3 Tbsp garlic, minced
- 1 jalapeno pepper, seeded and finely chopped, optional
- 2 Tbsp cilantro, finely chopped
- 1 Tbsp ground cumin
- 2 lbs Yukon gold potatoes, cut in ½”-3/4” dice
- 1 cup water
- 1 cup fresh corn cut or frozen corn
- 2 poblano peppers, roasted, seeded, peeled and diced, see notes
- 1-2 limes (just the juice)
- Salt & pepper to taste
- Corn tortillas for service

*Hot sauce, avocado, sour cream, etc. for garnish*
*Will need to have corn/flour tortillas from previous week or made before class
(Ingredient list would be 1 choice from week 1)

Pollo Asada Tacos:

☐ 4 boneless skinless chicken breasts
☐ 1/2 tsp black pepper
☐ 3 Tbsp lime juice
☐ 3 Tbsp orange juice
☐ 2 tsp ground cumin
☐ 2 tsp white vinegar
☐ 1/2 cup extra virgin olive oil
☐ 1/2 cup onion, sliced
☐ 1 tsp kosher salt
☐ 2 garlic cloves, smashed
☐ 2 tsp adobo sauce from canned chipotles
☐ Corn or flour tortillas for service

_Cabbage slaw, chopped lettuces, hot sauce, sour cream, chopped onion, cilantro, etc. for garnish_
Week 4 Ingredient List

Ground Beef or Ground Turkey Tacos:

☐ 2 Tbsp chili powder
☐ 2 tsp ground cumin
☐ 1/2 tsp paprika
☐ 1 tsp salt
☐ 1/2 tsp garlic powder
☐ 1/2 tsp onion powder
☐ 1/2 tsp dried oregano
☐ Tiny pinch of cayenne
☐ 1 lb lean ground beef or ground turkey
☐ 1/3 cup water
☐ 1 Tb apple cider vinegar
☐ 1 tsp brown sugar

Taco Bar:
☐ Corn/Flour tortillas, warm
☐ 1 cup shredded iceberg lettuce
☐ 1 cup shredded cabbage
☐ 1 cup diced tomatoes
☐ 1 cup shredded cheese
☐ 1/2 cup diced onion mixed with 1 Tb chopped cilantro
☐ 1/2 cup sour cream
☐ 3-4 lime wedges