

CHICKEN TINGA

Slow-cooked chicken in 30 minutes? Sounds crazy, right? But that's what we get with this Mexican chicken: after just half an hour, you end up with shredded chicken that looks and tastes like it's been slow-cooked for hours. Serve it with your own tortillas and a vibrant salsa and you've got a simple but special meal on your hands.

Serves: 6

Time: 30 minutes



INGREDIENTS

Tortillas

500 grams plain flour
1 tsp salt
80 grams light olive oil
250 grams warm water

Salsa

2 cobs corn
½ red capsicum, diced
10 button mushrooms, diced
8 sprigs coriander, leaves only
1 long red chilli, optional, sliced
1 avocado, diced
1 lime, juice only
1 tablespoon olive oil
pinch salt

Chicken

650 grams chicken thighs (approx. 6 small thighs), cut into four pieces
50 grams tomato paste
60 grams chipotle in adobo, chopped (see Tips)
150 grams water or stock
1 lime, zest only

To Serve

sour cream
extra chilli, chopped, optional



METHOD

Tortillas

1. Place flour and salt into mixing bowl and mix **10 sec/speed 3**.
2. Add oil and water and knead **2 min/knead**.
3. Remove dough from mixing bowl and set aside for 10 minutes. At this point, steam the corn for the salsa, then get the chicken started.
4. Divide dough into 16 portions and roll into 20cm circles, dusting with a little extra flour if necessary. Let sit for 10 minutes.
5. Heat a heavy-based pan over medium heat. Without adding any oil, cook tortillas for a few minutes on each side, until golden brown and slightly puffed.

Salsa

6. Place 500 grams of water in mixing bowl and corn cobs in Varoma. Set Varoma in place. Steam for **12 min/Varoma/speed 2**. Remove corn and allow to cool a little before slicing kernels from cob.
7. Mix all salsa ingredients gently together, except lime juice and oil. Drizzle with lime juice, oil and salt and toss gently.

Chicken

8. Place chicken thighs, tomato paste, chipotle in adobo and water or stock in mixing bowl. Cook for **30 min/100°C (212°F)/Rev/speed 1** with MC removed and simmering basket on mixing bowl lid.
9. Mix for **10 sec/Rev/speed 4**. Turn into a serving bowl and sprinkle with lime zest.

Serve chicken with tortillas, salsa, sour cream and fresh chilli, if desired.



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Tips

- If making your own tortillas, start by making the dough. You can also steam the corn ahead of time then assemble the salsa while the chicken and tortillas are cooking.
- The cooked chicken keeps for 3 days in the refrigerator and freezes well too.
- Chipotle chillies in adobo are smoked jalapeño chillies in a tomato, garlic and oregano sauce. They are sold in tins in some [supermarkets](#), specialty food stores and online, [here](#) and [here](#), for example. You'll have some left: here are [some ideas](#) on what to do with the rest of the container. If you cannot find them, replace chillies with 2 teaspoons smoked paprika.
- Stir a little leftover chipotle in adobo through sour cream for extra kick; it's a great addition to guacamole too.
- I use tinned chipotle in my [Fried Calamari with Chipotle Mayonnaise](#) too.
- Wondering what to drink with your Tinga? How about [Peach Margarita](#)!

Variation

- Use cubed pork shoulder instead of chicken for quick pulled pork.
- Serve the chicken with corn chips instead of tortillas.
- Serve the chicken as a Mexican burger with my [soft, fluffy bread buns](#).