

FLAUTAS / TAQUITOS

Serves 6 to 8.

By Dennis W. Viau; an original recipe.

I did this recipe by request. I buy packaged flautas at Costco; so I know the product. I like them. And I knew they would be easy to make. After doing a lot of research, I came up with my own list of ingredients. The range I saw was from no seasoning at all to very spicy. Feel free to season these any way you like. Here is what I used:



Ingredients:

1 large chicken breast
1 cup (240ml) chicken stock (or water with 1 teaspoon chicken bouillon)
Generous pinch of shredded cheddar cheese
¼ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon chile powder
¼ teaspoon ground cumin
½ teaspoon paprika
Salt and pepper
1 tablespoon tomato paste
1 to 2 quarts (1 to 2 liters) of oil for frying
1 package tortillas (corn or wheat flour)
Toothpicks

Directions:

Braise the chicken breast in the stock until thoroughly cooked and very tender, 20 to 30 minutes. Allow to cool in the liquid until comfortable to handle. Shred the chicken meat, discarding the liquid.

Place the shredded meat in a large bowl and add the cheese, the seasonings, and the tomato paste. Mix well.

In a large skillet, heat the oil to about 350°F (175°C).

While the oil is heating, warm the tortillas 30 to 45 seconds in a microwave oven until soft. Place a few tablespoons of the filling close to one edge of the tortilla. Tightly roll up the filling in the tortilla and then secure the final edge in place with a toothpick.

Fry the flautas, a few at a time, in the hot oil until lightly browned, about a minute on each side. Transfer to a platter lined with paper towels to drain. Remove the toothpicks.

Serve warm with a simple salad and garnish as desired. (I like sour cream and guacamole.)

The step-by-step photos were removed. See the video for the preparation.