



Chicago Bar Foundation Private Event

VIRTUAL DEMONSTRATION

Menu:

- Roasted Vegetable and Black Bean Enchiladas with Ranchero Sauce
- Refried Beans

Skills Covered in Class Include:

- Getting familiar with Mexican ingredients
- Roasting vegetables
- Working with fresh herbs and spices
- Preparing tomato sauce
- Balancing flavors

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Roasted Vegetable and Black Bean Enchiladas with Ranchero Sauce



Yield: 4-6 servings



Active time: 30 minutes

Start to finish: 1 hour

For the filling:

2 tablespoons grapeseed oil
2 teaspoons ancho chili powder
1 teaspoon ground cumin
1 lime, zested
Salt and pepper to taste
2 portobello mushrooms, stems removed and cut into 1/2-inch slices
1 red pepper, sliced
1 zucchini, medium dice
2 ears corn, shucked and kernels removed
1 red onion, thinly sliced
One 15-ounce can black beans, drained and rinsed
1/4 cup fresh cilantro, rough chopped

For the assembly:

Ranchero Sauce (recipe follows)

1 dozen corn tortillas (see note, below)
3 cups Chihuahua or Monterey Jack cheese, grated
Sour cream, for garnish
Hot sauce

1. Preheat the oven to 400°.
2. In a small bowl, whisk together the grapeseed oil, ancho chili powder, cumin and lime zest. Season with salt and pepper to taste.
3. Place the mushrooms, peppers, zucchini, corn and onions on a sheet tray, and toss with the marinade.
4. Roast the vegetables until tender and caramelized around the edges, 20 to 25 minutes.
5. To assemble the enchiladas, spread about one cup of Ranchero Sauce in a medium-size baking dish.
6. Lay the tortillas out on your work surface, and top with about 1/3 cup of assorted vegetables, a spoonful of black beans, a sprinkling of cilantro and 2 to 3 tablespoons of cheese. Roll the tortillas up and nestle them together in the baking dish. Pour the remaining salsa evenly over the enchiladas and top with the remaining cheese.

7. Bake, uncovered, until bubbly and golden brown, 20 to 25 minutes.
8. Allow the enchiladas to set for 5 minutes and then serve with a dollop of sour cream and hot sauce. Serve with a side of **Refried Beans** (recipe follows). ■

Note:

Corn tortillas can have a tendency to crack when being rolled up for enchiladas. You have a couple of options to prevent this from happening. 1) Very lightly fry your tortillas in oil to make them more pliable; just be sure they don't get crispy. Drain on paper towels before filling. 2) Wrap the tortillas in a lightly damp towel and heat in the microwave for 30 to 45 seconds. 3) Do nothing! If they crack a little bit it's ok. They will get covered with sauce and cheese hiding any cracks.

Equipment list:

- Small mixing bowl
- Whisk
- Sheet tray
- Zester
- Measuring cups and spoons
- Medium-size baking dish
- Cheese grater

Ranchero Sauce



Yield: 4 cups



Active time: 25 minutes

Start to finish: 35 minutes

2 tablespoons grapeseed oil
1/2 onion, medium dice
1 jalapeño pepper, seeded and diced
2 cloves garlic, minced
1/2 teaspoon ancho chili powder
1 teaspoon ground cumin
One 28-ounce can crushed tomatoes
1 chipotle pepper, rough chopped
1 cup chicken or vegetable stock
2 tablespoons fresh cilantro, rough chopped
Salt and pepper to taste

- 1.** Heat saucepan over medium heat and add the grapeseed oil. Gently sauté the onion and jalapeño until softened, 4 to 5 minutes. Add the garlic, ancho chili powder and cumin, and cook for an additional 30 seconds to 1 minute, or until aromatic.
- 2.** Add the tomatoes, chipotle pepper and stock. Bring to a boil, and then reduce the heat to a simmer. Cook for 10 minutes, uncovered.
- 3.** Stir in the cilantro, and season with salt and pepper to taste.
- 4.** If a smoother sauce is desired, puree it in a blender or with an immersion blender. ■

Equipment list:

- Saucepan
- Measuring cups and spoons

Refried Beans



Yield: 4 servings



Active time: 20 minutes

Start to finish: 20 minutes

2 tablespoons grapeseed oil
1/2 onion, medium dice
2 cloves garlic, minced
1 teaspoon chili powder
One 15-ounce can pinto beans, drained and rinsed
2/3 cup vegetable stock or water
1 chipotle pepper, chopped
2 tablespoons fresh cilantro, rough chopped
Salt and pepper to taste

- 1.** Heat a saucepan over medium heat, and add the oil. Gently sauté the onion until softened, 3 to 4 minutes. Add the garlic and chili powder, and cook for about 1 minute or until aromatic.
- 2.** Stir in the beans, stock and chipotle pepper, and heat until warm.
- 3.** Mash the beans with a potato masher until they are creamy. It's okay if some beans remain whole. Stir in the cilantro, and season with salt and pepper to taste. ■

Equipment list:

- Saucepan
- Measuring cups and spoons
- Potato masher