

# MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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## **Chicken Flautas**

*Yield:* 12 Flautas

*Time:* 90 min

*Ingredients:*

12 small corn tortillas  
1 lbs boneless, skinless chicken thighs  
1 cup queso fresco or cheese of choice  
1/2 cup cilantro (chopped)  
1 qt. (approx) canola or vegetable oil  
salt

### braising liquid

1 qt. chicken broth/stock  
1/2 bell pepper (diced)  
1/2 red onion (diced)  
6 cherry or 1 regular tomato (diced)  
1 carrot (chopped)  
1 rib celery (chopped)  
1 jalapeño (chopped)  
3 cloves garlic (minced)  
1 lime (juice)

### spice mix

1 Tbsp. chili powder  
1 Tbsp. cumin  
1/2 tsp. cayenne pepper  
1/2 tsp. chipotle powder  
1/2 tsp. crushed red pepper flake

### *Directions:*

1. In a large pot over medium heat, add about a tablespoon of oil to the pot. Once the oil starts to shimmer and has coated the bottom, add the spices and let cook for about 1 min. Be careful to watch the oil to make sure it does not burn.

2. Add the bell pepper, red onion, tomato, carrot, and celery to the pot. Salt the vegetables liberally. While stirring regularly, cook for about 4 min allowing the vegetables to start to cook. Add the garlic and 1/4 cup of cilantro and cook again for another 2 minutes. The onions should be getting a bit pale.

3. Add the chicken thighs and lime juice to the cooking vegetables. Let cook for about 2-3 min per side. We are looking for just a bit of color on the chicken. By the time you are through, most of the moisture should be off the vegetables, and there should be a tiny bit of browning on the bottom of the pan.

4. So you can deglaze, add the stock/broth about a cup at a time to the mixture. You want to scrape the bottom of the pot to make sure you get up all the dry, caked on stuff. If you don't cover the chicken completely, add enough water to do so. Bring the stock to a simmer and cover. Cook for 60 min or until the thighs pull apart easily.

5. Once the chicken is cooked, let cool for 5 minutes. Pull apart, making strands of meat. Place in a bowl with the cheese and cilantro and mix together. Time to taste everything. This is the contents of your flautas, if you don't like it, change it. It may need salt, it may need pepper, it may need some ingredients I haven't thought of here. But make sure you like this, because it's the heart of your dish from here on out.

6. Time to roll! Placing the tortillas in a warm oven or microwaving 2 at time for 20 seconds is crucial. The fat and starches in the tortilla will become malleable and allow you to roll them. Place about two tablespoons of mix into the center of each one. Fold over the ends and then roll tightly. It is important that you do not overfill. If you overfill, it will cause the flautas to open up. Once the little bundle is rolled up, place it seam side down on a plate. Skewer with a toothpick to ensure it stays shut.

7. In a cast iron or other heavy pan with high walls, add enough oil to go about half way up the side of the dish. Place over high heat. You are aiming for 350F. Once the oil is hot enough, add 3 to 4 flautas at a time to the oil. This is a quick fry for about 60 seconds a side. You do not want it too hard. Once cooked, remove from the oil and place on a rack or paper towel to drain. Let cool briefly and then serve hot. Add guacamole and salsa for best results, but most importantly enjoy!