

BC ORGANIC TOMATO BRAISED CHICKEN TINGA TACOS WITH PICKLED RED ONION AND PICO DE GALLO



Yields: 4 servings

INGREDIENTS*

For the Chicken

1 tbsp	Smoked Paprika	15 ml
1 tbsp	Oregano	15 ml
½ tsp	Black Pepper	3 ml
1 tbsp	Cumin	15 ml
1 tbsp	Onion Powder	15 ml
1 tbsp	Garlic Powder	15 ml
3 tsp	Chipotle Powder (Optional)	15 ml
3	Juice of Limes	3
8	BC Chicken Thighs, boneless, skinless	8
¼ cup	Canola Oil	60 ml
2 tsp	Sea Salt	10 ml
12-18	6" (15 cm) Flour Tortillas	12-18

For the Tinga Sauce

1 medium	BC White Onion, finely diced	1 medium
4 cloves	BC Garlic, minced	4 cloves
2 ¼ lbs	BC Field Tomatoes, ½ inch (1 cm) dice**	1 kg
Pinch	Salt and Pepper	Pinch
1-3	Chipotles in Adobo Sauce	1-3
1-3 tbsp	Adobo Sauce (Optional)	15-45 ml
¾ cup	Cane Sugar Cola***	200 ml
⅔ cup	Tomato Paste	156 ml

For the Pickled Red Onions

1 cup	BC Apple Cider Vinegar	250 ml
1 tbsp	Sea Salt	15 ml
1 tbsp	Granulated Sugar	15 ml
1 medium	BC Red Onion, thinly sliced	1 medium



CHEF'S TIPS

*Look for organic products certified under the Canada Organic Regime or the BC Certified Organic Program. Visit www.organicbc.org to find a directory of BC organic food, farms, and businesses.

**Approximately 7-8 medium tomatoes.

***Jarritos Mexican Cola is a common brand.

For the Pico de Gallo:

2 cups	BC Field Tomatoes, small dice****	500 ml
½ cup	BC White Onion, finely diced	80 ml
¼ cup	BC Cilantro, rough chop	60 ml
3	Limes, juiced	3
Pinch	Salt and Pepper	Pinch

DIRECTIONS**Chicken Tinga**

1. To prepare the Chicken Tinga, combine the first 8 ingredients in a large-sized bowl to make the marinade.
2. Add the BC Chicken Thighs and combine.
3. Cover the bowl with plastic wrap and marinate the chicken in the refrigerator for a few minutes to overnight.
4. Heat ¼ cup (60 ml) canola oil in a large heavy-bottomed pan until smoking.
5. Gently add the marinated chicken, season with sea salt, and quickly sear on both sides.
6. Remove the chicken from the pan. Discard excess oil.
7. Place the pan back on the heat to make the sauce. Sauté the BC White Onions and BC Garlic for 1-2 minutes.
8. Add the diced BC Field Tomatoes, then season with salt and pepper and combine.
9. Add the chipotles and adobo sauce followed by the cola.
10. Bring to a boil and adjust seasonings as needed.
11. Add the seared, (but still raw) chicken thighs back into the pan.
12. Cover and reduce heat to simmer for 20 minutes.
13. Remove chicken to a cutting board and shred.
14. Meanwhile, turn the heat to high under the sauce and add tomato paste.
15. Reduce the sauce to desired consistency.
16. Add the shredded chicken back to the sauce and combine.
17. Add the Chicken Tinga to the flour tortillas and garnish with Pickled Red Onions and BC Field Tomato Pico de Gallo (or other garnish as desired).*****

Pickled Red Onions:

1. Combine the BC Apple Cider Vinegar, salt, and sugar in a pot and bring to a boil to dissolve.
2. Remove from the heat and add thinly sliced BC Red Onions.
3. Stir to combine and let sit until ready.

BC Field Tomato Pico de Gallo:

1. Add all ingredients to a bowl.
2. Adjust seasoning and serve.

**CHEF'S TIPS**

****Approximately 3 medium tomatoes.
 *****Other Suggested Garnishes: BC Sour Cream, shredded BC Green Leaf Lettuce, lime wedges, Queso, Cotija, or any desired BC cheese.