

Chicken Tostadas

written by The Recipe Exchange | May 4, 2016

Ingredients

Crispy Tortillas

Vegetable oil for frying

6 white corn tortillas

Kosher salt for sprinkling

Chicken

3 cups cooked shredded chicken

1/3 cup freshly squeezed lime juice

1/4 cup olive oil

1/4 cup chopped fresh coriander (cilantro)

Kosher salt and freshly ground black pepper

Tostadas

Refried beans, warm, recipe follows

3 ounces Monterey Jack cheese, shredded (about 1/2 cup)

1/2 head iceberg lettuce, cored and shredded

1 Hass avocado, thinly sliced or guacamole

2 cups salsa cruda, recipe follows

1/2 cup sour cream

1 scallion, thinly sliced

12 fresh coriander (cilantro) leaves

REFRIED BEANS

2 tablespoons olive oil

1/4 medium Spanish onion, finely chopped

1 teaspoon ground coriander

1 teaspoon ground cumin

4 cloves garlic, minced

One 15-1/2 ounce can pinto beans (with liquid), mashed

1/4 teaspoon kosher salt

Freshly ground black pepper

SALSA CRUDA

2 ripe tomatoes or 4 plum tomatoes, cored and roughly chopped

1/4 medium onion, finely chopped (about 3 tablespoons)

1/4 jalapeno, seeded and minced

2 tablespoons chopped fresh coriander (cilantro)

1 teaspoon kosher salt

Freshly ground black pepper

Directions

To make the tortillas: Pour the oil for frying into a large heavy-bottomed pot to a depth of about 2 inches. Place over medium heat and heat to 375 degrees F. Add the tortillas, one at a time, and fry until golden brown and crispy, about 1 1/2 minutes. Using tongs, transfer to a paper towel-lined pan and sprinkle with salt. Set aside.

To make the chicken: In a small bowl, mix together the chicken, lime juice, oil, coriander, and salt and season with pepper to taste. Cover with plastic wrap and set aside.

To assemble the tostadas: Preheat the broiler. Spread the beans evenly over one side of each tortilla and sprinkle with some of the cheese. Transfer to a baking sheet and broil until the cheese is lightly browned and melted, about 30 seconds. Divide the tortillas among 6 plates.

Evenly mound the chicken on each tortilla and top with the lettuce. Top each tostada with avocado, salsa, and a dollop of sour cream. Sprinkle with the scallion and garnish the tostada with the coriander leaves. Serve immediately.

Cook's Note: The tortillas must be fried until very crispy, otherwise they may become rubbery, making them difficult to cut with a knife and fork.

REFRIED BEANS

Heat the oil in a large skillet over medium-high heat. Add the onion, coriander, and cumin and cook, stirring, until lightly browned, about 2 minutes. Add the garlic and cook, until lightly browned, about 1 minute more. Add the beans and cook, stirring frequently, until thick and amber brown in color, about 4 minutes. Stir in the salt and season with pepper to taste.

SALSA CRUDA

In a small bowl, mix together the tomatoes, onion, jalapeno, coriander, salt, and season with pepper to taste. Cover with plastic wrap and set aside.