

October Member Recipe

Flautas De Pato (Sweet Potato Duck Flautas) That Little Mexican Cafe, Evanston

Ingredients

1 sweet potato (large piece)
1/2 cup of instant corn masa flour
1/2 duck
2 pieces of chile ancho
2 pieces of chile guajillo
1 cup of water
1 cup of white wine
1 cup of chihuahua cheese
olive oil
cumin spice
bay leaf
ground pepper
salt



Preparation

Peel and cut the sweet potato in 4 pieces, put it in a pot and cover with water so you can boil until soft (approximately 40 min). Strain the water and put aside.

In a frying pan add a teaspoon of olive oil and all the pepper to lightly fry, constantly move peppers so they don't burn, this will only take about 1 min.

Put peppers in the blender and add the water, wine, 1 bay leaf, a pinch of cumin, salt and pepper as needed. Blend all ingredients until well mixed. Pre heat oven at 350, put the duck in a roasting pan, add the sauce to marinate (make sure all the duck has sauce). Cover with aluminum foil and insert in hot oven, let it cook for 60 to 80 minutes. Uncover and make sure meat is well cooked. Add time if you believe it's needed.

Once the duck breast is roasted, let it chill and remove all the bones, then shred, add the cheese to the shredded duck and mix. Put aside, this will be your filling.

Mash the sweet potato and incorporate the corn masa flour little by little until it's like a dough consistency. Make small round tortillas with the dough and add the filling in the middle, fold like a taco and press on the sides so your filling won't come out. Lay them in a tray on top of any type of cooking paper just so they won't stick and put them in the refrigerator for an hour.

Bring them out and deep fry or bake (if baked, don't add egg wash and put in oven for approximately 35 minutes at 350 degrees). Add any salsa, cheese and your choice of salad.