

Spice Up Your Life

May 1

Mexican



A Brief History...

Mexican spices embody nature's elements, combining heat, smoke and depth into unforgettable dishes. Earthy cumin, smoky chipotle, and cooling cilantro meet fiery chiles, creating a cuisine rich with culture and tradition. With garlic and onions as the savory cornerstone, the most common Mexican spices and herbs are coriander, allspice, cloves, thyme, Mexican oregano, Mexican cinnamon (ceylon), cumin and cacao which showcase the breadth of Mexican food.

As the fourth most megadiverse country in the world, Mexico has an abundance of spices and herbs that have been used by traditional cooks for centuries. A guiding principle across regions and centuries has been to take simple, local ingredients, and create as much flavor as possible. We've compiled an ultimate guide to the Mexican spices and herbs that are used to create the fajitas, sauces, salsas and —of course— tacos, that the world has come to love.

Mexican Spice Blend Kit

What's in the kit?

In each spice kit, you will receive all the Mexican spices needed to make Mexican Street Tacos. Please tag us on Facebook and/or Instagram with pictures of your recipe or e-mail them to us at events@hhhlibrary.org

This kit includes:

- 🌿 1 teaspoon chili powder
- 🌿 1 teaspoon coriander powder
- 🌿 1 teaspoon paprika
- 🌿 ½ to 1 teaspoon salt, use as per your taste
- 🌿 ½ teaspoon garlic powder
- 🌿 ½ teaspoon onion powder
- 🌿 ½ teaspoon cumin powder
- 🌿 ½ teaspoon black pepper powder
- 🌿 ½ teaspoon oregano
- 🌿 ¼ teaspoon cayenne pepper powder

Recipe

For the **Mexican Street Tacos** recipe, you will need the Mexican spices and:

- 🥗 1 to 1¼ pound boneless skinless chicken thighs, about 4 (refer notes if using chicken breasts)
- 🥗 3 tablespoons vegetable oil
- 🥗 ½ lime, optional
- 🥗 12 mini corn taco shells, warmed (double up if desired)
- 🥗 1 large avocado, cored and sliced
- 🥗 1 small red or yellow onion, chopped

Directions:

1. Toss chicken thighs and Mexican Spice blend (use as much or as less you like) in a bowl, until seasoning is evenly distributed. Cover and refrigerator at least one hour (can be stored up to 1 day). If pressed for time, go ahead and cook it right away.
2. Heat vegetable oil in medium skillet (Cast iron is a great option) over medium - high heat. Place chicken thighs in a single layer and cook for about 4 minutes, turn over and cook for an additional 4-5 minutes, until fully cooked.
3. Transfer chicken to a plate (squeeze some lime juice if you prefer) and cool slightly before slicing or chopping into cubes.
4. Layer chicken and any other optional ingredients onto warmed tortillas, including avocado, onions, a squeeze of lime, or anything else you'd like to add.

Sources

Doss, Maria. "Homemade Chicken Taco Seasoning." *KITCHEN @ HOSKINS*, 10 Feb. 2022, <https://www.kitchenathoskins.com/2018/03/06/homemade-chicken-taco-seasoning/>.

Doss, Maria. "Mexican Spiced Chicken for Tacos, Burritos, Quesadillas or Salads." *KITCHEN @ HOSKINS*, 9 Oct. 2021, <https://www.kitchenathoskins.com/2018/04/19/mexican-spiced-chicken/>.

Jaclyn, Author: et al. "Grilled Chicken Street Tacos." *Cooking Classy*, 19 July 2020, <https://www.cookingclassy.com/grilled-chicken-and-avocado-street-tacos/>.

"The Ultimate Guide to Mexican Spices." *Spicesinc.com*, <https://spicesinc.com/blogs/spices-chiles/ultimate-guide-mexican-spices>.

Next Month: Southern Spice Kit