

Pulled Chicken Tacos (Sous Vide)

November 30th, 2021

This recipe serves: 6

Prep Time: 00:15

Cook Time: 06:00

This is an easy recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

Sous Vide Ingredients:

- 3 Pounds Chicken Thighs, boneless and skinless
- 1 Roma Tomato, seeded and finely chopped or 1/2 Tablespoon Dehydrated Tomato Powder
- 1 Large Tomatillo, finely chopped
- 1 Poblano, seeded and finely chopped
- 1 Lime, juiced
- 1 Tablespoon Fresh Cilantro, finely chopped
- 1 Tablespoon Honey
- 1/4 Teaspoon Table Salt
- 1/2 Teaspoon Garlic Powder
- 1/4 Teaspoon Ground Cumin
- 1/4 Teaspoon Ground Cardamom
- 1/4 Teaspoon Cinnamon
- 1/4 Teaspoon Cocoa Powder

Sauce:

- 1 Can Fire Roasted Tomatoes
- 8 Ounces Tomatillos, cleaned and oven roasted
- 1 Poblano, seeded and oven roasted
- 1/2 Red Onion, roughly chopped
- 1 Garlic Clove, minced
- 1 Lime, juiced
- 1 Jalapeno Pepper (Optional), minced
- 2 Tablespoons Crème Fraîche, Greek Yogurt, or Sour Cream
- 2 Tablespoon Fresh Cilantro, finely chopped
- Corn or Flour Tortillas, for Serving

Directions:

Oven-roast the Tomato, Tomatillo, and Poblano.

In a medium-sized bowl, combine the Honey and the Lime Juice. Mix well.

In the same bowl, mix all of the remaining Sous Vide Ingredients, including the Chicken.

Mix by hand until the Chicken is fully coated.

Place the Chicken into a Sous Vide bag, in a single layer.

Vacuum out all the air and seal the bag. Refrigerate 24 hours or up to 1 week or freeze up to 6 months.

Sous Vide at 165° F for 4 hours (add 15 minutes, if frozen).

When the Sous Vide cooking cycle has completed, remove the bag from the Sous Vide and allow to cool.

Remove the Chicken from the bag and reserve for later.

In a food processor or blender, add the canned Tomatoes, roasted Tomatillos, roasted Poblano, Onion, Garlic, Lime Juice, and (Optional) Jalapeno.

Drain the remaining Au Jus from the Sous Vide bag into the food processor. Pulse until coarsely chopped, but well blended.

Move the Sauce to a medium-sized bowl. Add the Crème Fraîche and the Cilantro. Stir well by hand.

Shred the Chicken. Add the Chicken to the bowl and mix again.
Serve the Chicken with Tortillas. Sprinkle with shredded or Cotija cheese.