



ENCHILADA SAUCE

SERVINGS - 04

PREPPING TIME: 10 MIN

COOKING TIME: 25-30 MIN

Ingredients:

- 350 g fresh red tomatoes, sliced
- 50 g The Mexican Tapas Bar Enchilada Seasoning
- 200 ml warm water
- 10 g oil (about 2 tsp)
- 1 tsp vinegar (optional, to taste)

Instructions

Step 1: Prepare the Tomatoes

Wash the tomatoes thoroughly. Cut the tomatoes into thin slices.

Step 2: Sauté the Tomatoes

Heat the oil in a pan over medium heat. Add the sliced tomatoes. Sauté for 5-7 minutes until the tomatoes soften and begin to break down.

Step 3: Prepare the Seasoning Mixture

In a bowl, combine the enchilada seasoning powder and warm water. Mix well until the seasoning is fully dissolved. Let the mixture soak for 20-30 minutes to develop flavours.

Step 4: Blend the Sauce

Combine the sautéed tomatoes and the soaked seasoning mixture. Transfer to a blender. Blend until smooth and puree-like.

Step 5: Cook the Sauce

Pour the blended mixture into a saucepan or pot. Bring to a gentle simmer. Cook for 5 minutes, stirring occasionally. If desired, add 1 teaspoon vinegar for a slightly tangy flavour.

Step 6: Strain the Sauce

Pass the sauce through a fine strainer or sieve. Discard any remaining skins or seeds. The finished sauce should be smooth and pourable.

Serving Suggestions

Use this enchilada sauce for: Enchiladas, Mexican rice, Burrito bowls, Fajita and Mexican pizza

Approximate Nutritional Value (Per Serving)

Energy:	45-55 Kcal
Carbohydrates:	7 g
Protein:	1.5 g
Fat:	2.5 g
Dietary Fibre:	1.5 g
Sodium:	As per seasoning and salt content

Chef's Notes

Fresh ripe tomatoes provide the best colour, sweetness, and acidity balance. The sauce should have a smooth, velvety texture with a balanced spice profile. Adjust water quantity depending on the desired consistency.

Chef's Tips

For a richer flavour, roast the tomatoes before cooking. For a smokier profile, char the tomatoes lightly on an open flame. For a thicker sauce, simmer for a longer duration.

Store refrigerated below 5°C and use within 3 days. Freeze in portions for extended shelf life without compromising flavour.

