

FAJITAS

Deeann and I have always enjoyed Mexican food. We actually met in Mexico! We both enjoy fajitas very much, but differ in our beliefs as to which is better - beef or chicken. Like many of the recipes in this collection, we had the brilliant idea of “Hey! We could make this!” So we looked at recipes, and talked to folks, and tried things out, and synthesized ideas, and came up with this. Not only does it taste great with chicken or beef, it will be the most amazingly colored marinade you have ever seen!

2-3 pounds Meat

¼ Cup Olive Oil

6 Tablespoons Lime Juice (usually about 1 ½ limes). To get more juice out, put them in a microwave for 30 seconds before cutting in half and squeezing.

4 (at least) Garlic Cloves

1 teaspoon Cumin

4-6 seeded Jalapeno Peppers

½ cup Cilantro Leaves (loosely packed)

¾ teaspoon Salt

¼ teaspoon Black Pepper

¼ teaspoon Cayenne Pepper

Place all ingredients in a blender or food processor and mix well. Now TASTE IT! This is an often overlooked step. Is it hot enough? If not, add more Jalapeno or Cayenne. Does it need more Lime? Garlic? Make it so you will like it. By the way, as far as the lime goes, the Marinade will taste significantly more sour/tart than the meat will, but it is the acid in the limes that breaks down the meat fibers and tenderizes it.

Now it is time to prepare your meat. The key to marinating/flavoring meat is the surface area to mass ratio. The greater the surface area, the more marinade will be incorporated into the finished product. With this in mind, I use my favorite kitchen implement...the rubber mallet! Place the chicken breasts in a heavy-duty zip lock bag, and pound until the whole piece is the same thickness. This accomplishes two things at the same time: It increases the surface area, plus since it is the same thickness, it will cook evenly so it will all be done at once instead of burnt on the edges and raw in the thick part. Do the same pounding if you are using beef. I recommend Skirt Steak or Flank Steak.

Put meat and marinade in a large zip lock bag and mush it around and allow it to sit for as long as you can, but at least 1 hour. This would be a great time to make Mojito's!

Fajitas are best cooked over a very hot fire of Hickory or Mesquite, however, your barbecue grill will work fine too. Cook over high heat to char lightly, but do not burn them! If you flattened your chicken, it'll only take about 3 minutes on each side to cook through. Any additional cooking will be for charring/flavoring.

When the meat is done, remove it to a platter and serve with onions, peppers, sour cream, cheese, tortillas, salsa, and anything else that sounds good to you.