



INGREDIENT LIST

SHOPPING LIST

8 oz shredded mozzarella cheese
Instant Corn Masa Flour* (you will need about 3 cups)
3 medium tomatoes
1 carrot
1 head cabbage (green preferred but purple will work)
1 medium onion (red preferred but any will work)
1 cup white vinegar
1 clove garlic

PANTRY INGREDIENTS

2 tablespoons sugar
2 tablespoons salt
2 teaspoon dried oregano
2 teaspoons ground cumin
olive oil or canola oil

OPTIONAL INGREDIENTS

1 cup ricotta cheese
1 jalapeño

KITCHEN SUPPLIES

Chef knife
Large skillet or griddle
2 Sauce pans (1 qt or larger)
Measuring cups
Measuring spoons
Cooking spatula
2 Mixing bowls (1 small, 1 med)
Spoon
Cutting board
Vegetable peeler

*Corn Masa Flour must say **Instant** or **Pre-cooked**. Popular brands include Maseca and P.A.N. Please don't purchase Bob's Red Mill Masa Harina for the class.
