

Authentic Mexican Chicken Tinga (Tinga de Pollo)

⌚ Prep: 15m 🔥 Cook: 25m ⚡ Total: 40m 🍽️ 6 servings



📺 Video ref: Jauja Cocina Mexicana (Janet)

MISE EN PLACE / INGREDIENTS [13]

- ☐ 2 lbs Poached shredded chicken breast
- ☐ 5 whole Roasted Roma tomatoes
- ☐ 3 cloves Fresh garlic cloves
- ☐ 1 tsp Dried Mexican oregano
- ☐ 2 tbsp Vegetable oil
- ☐ 0.5 cup Mexican crema (for serving)
- ☐ 1 ripe Ripe avocado, sliced (for serving)
- ☐ 2 large Thinly sliced white onions
- ☐ 3 tbsp Chipotle chiles in adobo sauce (La Costeña)
- ☐ 1 cup Reserved chicken cooking broth
- ☐ 1 leaf Dried bay leaf
- ☐ 1.5 tsp Kosher or sea salt
- ☐ 0.5 cup Queso fresco, crumbled (for serving)

🛒 US SUPERMARKET BRAND GUIDE

Canned Chipotles: La Costeña Chipotle Peppers in Adobo

Thick adobo vinegar and deep mesquite-smoked chile flavor. 📍 Hispanic aisle.

COOKING SEQUENCE & CHECKPOINTS

- 1

Chipotle Sauce

⌚ 5 min

Puree roasted tomatoes, chipotles, garlic, chicken broth, dried Mexican oregano, and salt until smooth.
✓ Checkpoint: Smooth smoky red sauce.
- 2

Caramelize Onions

⌚ 8 min

Cook sliced onions in vegetable oil for 8 minutes until translucent and golden.
✓ Checkpoint: Sweet, soft onions.
- 3

Fry the Sauce

⌚ 7 min

Pour blended chipotle sauce and bay leaf over onions and cook 7 minutes until darkened.
✓ Checkpoint: Deep brick-red bubbling sauce.
- 4

Fold in Chicken & Serve

⌚ 5 min

Stir in shredded chicken, reduce heat, and simmer 5 minutes until fully coated. Discard bay leaf and serve topped with Mexican crema, crumbled queso fresco, and sliced avocado.
✓ Checkpoint: Glistening juicy chicken tinga.

🛡️ FOOD SAFETY & INTERNAL TEMPERATURE: 165°F (74°C) MANDATORY USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR ALL POULTRY

USDA Poultry Safety Minimum (≥165°F / 74°C): Chicken breast must reach a verified internal temperature of 165°F (74°C) in the thickest part to eliminate Salmonella. Pull promptly at 165°F (74°C) to keep lean white meat moist and tender.

👁️ MASTER DONENESS CHECKPOINT:

Silky, caramelized onions and shredded chicken coated in thick, glistening chipotle sauce that won't make tostadas soggy.

🔬 WHY IT WORKS:

Sweet Caramelized Onions: Cooking a generous mountain of sliced onions until golden sweet tames the natural heat and acidity of the chipotle peppers.

⚠️ TROUBLESHOOTING:

Too liquid for tostadas: Simmer vigorously uncovered for 8 minutes until sauce clings tightly to chicken.