

# Tex-Mex Pulled Chicken •

## Ingredients

Chicken thighs, .....	3-5 lbs	Caldo de tomate .....	2 Tbsp.
Yellow onion, large .....	1	Bay leaves .....	2
Garlic cloves .....	4-6	Limes .....	2
Mexican spice blend .....	5 Tbsp	Fresh cilantro, chopped .....	1/2 cup
Herdez salsa ranchera .....	7 oz. can	Kosher salt .....	2 tsp.
Chicken stock .....	2 1/2 cups		

## Directions

Preheat oven to  $275^{\circ}F$  — Pat **chicken thighs** completely dry — Large dice **onion**; set aside in *Small Bowl #1* — Mince **garlic**; set aside in *Small Bowl #2* — Chop **cilantro**; set aside in *Small Bowl #3* — Juice **limes** ( $\frac{1}{4}$  cup); set aside in *Small Bowl #4*

1. Pat **chicken thighs** completely dry with paper towels. Season skin side lightly with **kosher salt**. Heat dutch oven over medium-high heat with no added fat. Place **thighs** skin-side down and do not move them. Sear for *8-10 minutes* until deeply golden-brown and skin releases easily from the pan. Flip briefly for *1-2 minutes*, then remove **chicken** to *Large Bowl #1*. Pour rendered fat into *Small Bowl #5*, reserving 2 Tbsp. in the pot along with all the fond.
2. Reduce heat to medium. Add diced **onion** (*Small Bowl #1*) to the fond, stirring to coat in fat. Cook *5-7 minutes*, stirring occasionally, until edges start browning—not just translucent, we want some color and caramelization.
3. Add 4-5 Tbsp. **Mexican spice blend** to the **onions**. Cook *45-60 seconds*, stirring constantly, until a toasted fragrance develops. You will smell the distinct shift from raw spice to bloomed aromatic. Add **salsa** to stop the bloom. Scrape all the fond from the bottom of the pot.
4. Add minced **garlic** (*Small Bowl #2*) to the tomato mixture and cook for *30 seconds*. Add  $2\frac{1}{2}$  cups **chicken stock**, 2 Tbsp. **caldo de tomate**, and 2 **bay leaves**. Stir well and bring to a simmer. Taste the braising liquid—it should be intensely flavored and slightly too salty. If not sufficiently seasoned, add another  $\frac{1}{2}$  Tbsp. **caldo de tomate**.

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5. Return **chicken thighs** (*Large Bowl #1*) to the pot skin-side up. Liquid should come halfway up the **chicken**; add more **stock** if needed. Bring to a bare simmer on the stovetop, then cover with a tight-fitting lid. Transfer to the pre-heated  $275^{\circ}\text{F}$  oven and braise for  $2\frac{1}{2}$ - $3$  hours.
6. Check at  $2\frac{1}{2}$  hours: the meat should pull from the bone with zero resistance. If still slightly firm, continue braising for another  $30$  minutes.
7. Remove **chicken** from the pot and let cool for  $10$  minutes to make handling easier. Remove skin and bones, etc. Transfer to *Large Bowl #2*.
8. In *Large Bowl #3*, shred the **chicken** (*Large Bowl #2*) into bite-size pieces, maintaining some texture. Add  $\frac{1}{2}$  cup of the **braising liquid**,  $2$  Tbsp. **reserved chicken fat** (*Small Bowl #5*), **lime juice** ( $\frac{1}{4}$  cup, *Small Bowl #4*), and  $\frac{1}{2}$  cup **cilantro** (*Small Bowl #3*). Fold gently to combine. Add more **braising liquid** as needed until moist but not soupy.
9. Serve immediately in tacos, or hold warm. This **chicken** benefits from resting  $15$ - $30$  minutes to allow flavors to marry fully.

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## Equipment Required

- Dutch oven (5-7 quart capacity, oven-safe to  $300^{\circ}\text{F}$ )
- Tight-fitting lid for dutch oven
- Large plate for holding seared chicken
- Fine mesh strainer
- Medium saucepan (for reduction)
- Small bowl (for reserved fat)
- Cutting board and chef's knife
- Measuring cups and spoons
- Wooden spoon or silicone spatula
- Paper towels
- Tongs or fork (for handling chicken)
- Ladle or large spoon (for skimming fat)
- Two forks (for shredding chicken)
- Citrus juicer (optional but helpful)

## Ingredient Tips

- Bone-in, skin-on thighs are essential—boneless will not achieve the same tenderness or gelatin-rich sauce
- Choose thighs of similar size for even cooking
- **Herdez salsa ranchera** is preferred for its roasted pepper depth; substitute with quality jarred salsa if needed
- If your **Mexican spice blend** is older than *6 months*, increase quantity by 1 Tbsp as potency fades
- Use fresh **garlic** only—powdered garlic is already in the spice blend
- **Chicken stock** quality matters; homemade or low-sodium store-bought preferred
- Reserve rendered **chicken fat**—it's gold for finishing and adds authentic richness
- Fresh **Mexican limes** (Key limes) are more authentic but regular Persian limes work well

## Mise en Place

- Remove **chicken thighs** from refrigerator *30 minutes* before cooking to take chill off
- Pat **chicken** completely dry—moisture prevents proper searing
- Prepare all vegetables before starting: dice **onion**, mince **garlic**, chop **cilantro**
- Measure **spice blend** and set near stove for quick addition
- Have all liquids measured and ready—braising moves quickly after sear
- Open **salsa** can and have ready to add immediately after spices
- Juice **limes** after **chicken** goes in oven (keeps juice fresh)

## Preparation Tips

- The sear is critical: don't rush it. Deeply golden skin = maximum fond = concentrated flavor
- Resist moving the **chicken** during searing—let it release naturally when ready
- The fond (brown bits) contains concentrated Maillard compounds; scrape thoroughly
- Brown the **onion** edges—this adds another layer of caramelization
- Bloom spices until fragrant shift occurs, usually *45-60 seconds*—under-blooming leaves raw taste, over-blooming creates bitterness
- Add **salsa** immediately after blooming to halt cooking and prevent burning

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- Taste braising liquid before adding **chicken**—should be intensely flavored
- During braise, liquid should barely simmer; vigorous bubbling means oven is too hot
- Skim fat before reduction—too much fat makes sauce greasy rather than rich
- Reduce sauce properly—half volume concentrates flavor exponentially
- Add **lime juice** and **cilantro** only at the end to preserve brightness
- Shred **chicken** to bite-size pieces, not fine threads—texture matters
- Top with crumbled queso fresco, cotija, or shredded Monterey Jack
- Pair with Mexican rice, refried beans, or charred street corn
- Makes exceptional enchiladas—use as filling with verde or roja sauce
- Works beautifully in tortas, quesadillas, or burrito bowls
- For tostadas: crisp tortillas, spread refried beans, top with **chicken**, shredded lettuce, Mexican crema
- Leftover **chicken** makes outstanding chilaquiles for breakfast
- Consider crispy skin garnish: remove skin before braising, roast separately until crispy, crumble over tacos
- Traditional accompaniments: salsa verde, salsa roja, pickled carrots and jalapeños, lime wedges, fresh tortilla chips

### **Make Ahead & Storage**

- Can be made up to *3 days* ahead through step 10; refrigerate in sauce
- Flavor actually improves after *24 hours* as spices continue integrating
- If made ahead, add fresh **lime juice** and **cilantro** when reheating
- Reheat gently in covered pot over low heat, stirring occasionally
- Add splash of **stock** if sauce has tightened during refrigeration
- Can be frozen for up to *3 months*; thaw overnight in refrigerator
- After thawing, refresh with additional **lime juice** and **cilantro**
- Leftover rendered **chicken fat** can be refrigerated for *1 week* and used for sautéing vegetables or making rice

### **Serving Suggestions**

- Serve in warm corn or flour tortillas with diced **onion**, **cilantro**, and **lime** wedges
- Excellent with pickled jalapeños, sliced radishes, or quick-pickled red onions

### **Flavor Profile Notes**

- This recipe achieves depth through layering: seared proteins, bloomed spices, reduced sauce, bright finish
- The **Mexican spice blend** with cinnamon and cloves provides northern Mexican/mole-adjacent complexity
- Gelatin from bones creates luxurious mouthfeel and helps sauce cling to meat
- Reserved **chicken fat** adds authentic richness without greasiness when used judiciously
- The acid-fat-salt-umami balance is critical: **lime** cuts richness, **salt** amplifies everything, bouillon/caldo provide savory depth
- Finishing with fresh **cilantro** and **lime** preserves brightness that would be lost during long braise