

## Budin Azteca “Aztec Lasagna”

“A Recipe as Rich in History as it is in Flavor”



This is a delicious and easy to make casserole of chiles, tomatillos, tortillas, cheese and chicken; Budin Azteca means, literally, “Aztec Pudding” or “Aztec Lasagna”

The history of this dish shows that it was made by the Aztecs and Mayas like a layered casserole or lasagna. The dish was made for large celebrations to feed a large crowd, and might have been born of tomatillo sauce (like ours) and fillings such as wild turkey, rabbit, duck, cactus, layers of corn tortillas and cooked in the ground, wrapped in corn husks, like a giant tamale.

Despite its name, the Aztec Pudding is a perfect example of the fusion of the Mexican and Spanish cultures: tortillas, chilies and tomatoes sauce have been used since pre-Columbian times, while chicken and cheese arrived with the Spaniards.

Traditionally tortillas are passed through hot oil but we skip that step to reduce the amount of fat, we also use goat cheese and Arcadia’s Kitchen Salsa Verde to create a perfect combination of flavors. Our Salsa Diabla can also be used instead.

Pre-heat oven at 450 F-Serves 6-8

Ingredients:

1 16 Oz Arcadia’s Kitchen Salsa Verde or 1 16 Oz Salsa Diabla

4 Cups (2 lbs raw) of shredded chicken that has been boiled with 2 quartered onions, 4 bay leaves, salt and water for 30 minutes or a plain rotisserie chicken, bones and skin removed

2 Medium size onions, sliced in halves

1 1/2 Cups of plain goat cheese or a blend of 50%Mozzarella/50%Ricotta

18 Corn tortillas, trimmed into squares ( Avoid using flour tortillas, it would turn into a soggy mess)

2 Tablespoons of Olive Oil

1 Cup of Chicken or Vegetable stock (Add to salsa for a moist result)

10” x 10” deep baking dish

Aluminum foil



### *Step 1:*

*Boil the chicken for 30 to 35 minutes, with onions, bay leaves, sea salt and 5 cups of water, remove from heat and let it cool.*



### *Step 2:*

*Shred the chicken, you need about 4 cups. Save the stock, strain it and boil it until condensed, it will be very flavorful and good for other recipes,*



### *Step 3:*

*Trim the corn tortillas into squares and prepare to assemble the Budin*



#### *Step 4:*

*Cover the bottom of the baking dish with some onions, drizzle the olive oil on the onions and start layering the corn tortillas on top of it*



*Step 5: Top the first layer of tortillas with onions, chicken, goat cheese and some of the sauce and begin the second layer of tortillas.*



#### *Step: 6*

*Repeat the process with onions, chicken, goat cheese, sauce and another layer of tortillas to form 2 layers*



*Step 7:*

*Top your final layer of tortillas (3 in total) with olive oil, remaining onions, cheese and salsa*



*Step 8: Cover the dish with foil, make a little cut in the center as vent, bake at 450 F for 35 m, remove from the oven and let it cool enough before cutting and serving.*

To purchase any of our products please visit: [www.Arcadiaskitchen.com](http://www.Arcadiaskitchen.com) and for any questions regarding this recipe please write to email: [Contact@Arcadiaskitchen.com](mailto:Contact@Arcadiaskitchen.com)

No part of this work may be reproduced in whole or in part in any manner without the permission of the copyright owner.

© Arcadia's Kitchen  
257 Ichabod Road  
Southbury, CT 06488