

Quesadillas

Ingredients:

For two quesadillas:

- 2 soft flour tortillas
 - 4 slices cured ham
 - 3 slices pickled jalapeno peppers, * optional
 - 100 ml grated Cheddar or Monterey Jack cheese
 - 1 scallion, finely sliced
 - Few fresh cilantro leaves
 - 2 ml cumin
 - 1 ml cayenne * optional
 - 25 ml sour cream
 - 25 ml salsa
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Directions:

1. Prepare for the lab: apron on, hair tied, hands washed.
2. Place the tortilla wraps on the counter and cover with the ham.
3. Chop the pickled jalapenos and scatter over only one half of the tortilla. On the same half, sprinkle the grated cheese and the chopped scallion. Scatter over the cilantro leaves.
4. Carefully fold the tortilla wrap in half, with the untopped half covering the toppings so you have a fat half moon.
5. Spray a frying pan with oil, then preheat it over medium-high heat. Carefully put one quesadilla on the hot pan; grill for about one minute each side until golden brown.
6. Using a steady hand and a wide spatula, transfer the quesadilla to a board or plate, then grill the second one.
7. Meanwhile, stir cumin and cayenne into sour cream.
8. Cut each quesadilla into 3 triangles. Serve with some salsa and cumin sour cream on the side.