

Escabeche

INGREDIENTS

4 pounds chicken, cut into serving sizes
6 to 8 cups water
6 garlic cloves, crushed
8 dried oregano leaves
2 teaspoons salt
2 escabeche peppers *or*
3 canned jalapeño peppers
1 tablespoon red recado (*see below*)
2 pounds onion, sliced
½ cup vinegar
¼ cup olive oil, *optional*
2 teaspoons freshly ground black pepper

DIRECTIONS

Place chicken and place in a stockpot with water, garlic, oregano, salt and escabeche or jalapeno peppers. Bring to a boil. Lower heat and cook until tender. Remove chicken and drain. Reserve broth and escabeche peppers. Dissolve red recado in a little vinegar, enough to make a paste and rub on chicken. Put chicken on a broiler tray and broil in oven until golden brown, set aside. Bring reserved broth to a boil, add onions and cook on medium heat for 15 minutes. Add vinegar, stir and drizzle olive oil. Sprinkle with black pepper. Serve with corn tortillas or over yellow rice. (*see below*)

RED RECADO PASTE

5 tablespoons annatto seeds
6 to 7 allspice seeds
¼ teaspoon whole cloves
¼ cup sour orange
¼ cup vinegar

DIRECTIONS

Grind annatto seeds, allspice seeds and whole cloves to a powder. Combine annatto powder with sour orange and ¼ cup of vinegar and process to a paste. May add more sour orange and vinegar if necessary to achieve a thick paste. Store in refrigerator.

YELLOW RICE

INGREDIENTS

FLAVORS OF

Belize

2 teaspoons vegetable oil
2 tablespoons onion, diced
1 garlic clove, minced
2 cups white rice
3 cups chicken broth
1 teaspoon salt, *to taste*
½ teaspoon turmeric
¼ teaspoon cumin

DIRECTIONS

Sauté onions and garlic in oil until golden brown. Add rice, broth, salt, turmeric and cumin. Bring to a boil and allow to boil for 2 minutes. Reduce to medium heat and simmer for approximately 8 minutes or until liquid is fully absorbed. Reduce to low heat. Sprinkle with ¼ cup water, cover and cook another 10 minutes until rice is tender.

FLAVORS OF

Belize