

Belize Recipes

Conchinita Pibil

Ingredients:

3-4 pounds pork shoulder
1 cup orange juice
½ cup lime juice
1 teaspoon salt
3 ounces red achiote paste
Pickled red onions, for garnish
Dry Mexican cheese (queso seco), for garnish
Chopped cilantro, for garnish
Lime wedges, for garnish



Directions:

Mix the orange and lime juice with the achiote paste and salt in a blender until combined. Cut the pork into 2" chunks and marinate pork in mixture overnight.

Preheat the oven to 325°F. Line a large casserole dish with a double layer of heavy-duty foil. Pour in the pork and the marinade and close the foil tightly. Put in the oven and bake at 325°F for at least 3 hours. You want the pork to fall apart.

When the pork is tender, remove from the oven and open the foil. Using a slotted spoon, place the meat in a bowl and shred it with two forks.

Use this as taco meat or serve over rice, garnished with cilantro, lime wedges and queso seco. Pickled red onions are a traditional garnish

Dukunus

Ingredients:

Several corn husks, pre-soaked in water until soft

2 tablespoons water

½ cup coconut milk

2 teaspoons baking powder

½ teaspoon salt

1 teaspoon sugar

6-8 ears corn, shucked

2 tablespoons melted butter



Directions:

Preheat oven to 375° F. Coat corn with butter. Wrap each ear of corn in foil. Roast corn in oven for 25-30 minutes until tender. Remove corn from oven and use a knife to slice off corn kernels.

Mix corn kernels and water in a blender until liquefied. Add coconut milk, remaining butter, salt, sugar, and baking powder to blender. Mix until smooth.

Use 1-2 tablespoons of corn mixture to fill a corn husk. Fold over sides of husk towards the center. Repeat until all corn husks are filled.

Steam “tamales” for 30 minutes in a steamer and serve piping hot.

Chimole

Ingredients:

¼ cup black recado (a Mayan condiment)
1 chicken
2 tablespoons cilantro, chopped
2 tomatoes, diced
2 tablespoons chicken bouillon
3 potatoes, cubed
3 to 4 fresh tomatoes
½ onion, sliced
3 garlic cloves, mashed
Salt and pepper
6 boiled eggs



Directions:

Season the chicken with salt and pepper and brown in a hot pot with a little oil. Once browned, add enough water to cover the chicken and then add the onions, garlic, and potatoes. Cook over low heat for 30 minutes.

Dissolve the recado with the chicken bouillon and add it to the chicken. Add diced tomatoes and cilantro. Add more water if necessary.

Season to taste with salt and pepper. Served hot with boiled eggs and corn tortillas.

Hudut

Ingredients:

4 green plantains, mashed
2 ripe plantains, mashed
2 pounds red snapper
2 cans coconut milk
1 onion, chopped
2 cloves garlic, minced
1 cup okra
1 tablespoon cilantro, minced
1 teaspoon oregano, minced
Salt and pepper to taste



Directions:

Peel plantains and boil in water for 15-20 minutes.

While the plantains boil, cut the fish in 2" pieces.

Mash plantains by hand or in a food processor. Add water if necessary

Boil coconut milk with cilantro, oregano, okra, garlic, salt, and pepper.

Meanwhile, lightly sauté fish in a frying pan until browned.

Add the fish to the boiling coconut milk and cook for an additional 20 minutes.

Serve the stew with the mashed plantains on the side.

Belizean Boil Up

Ingredients:

2 pounds fish, sliced
1 small piece of salted pork, diced
2 eggs
1 yam
1 cassava
2 large sweet potatoes
2 ripe plantains
4 green bananas
1 onion
3 tomatoes, diced
2 teaspoons baking powder
2 cups flour
2 cups water
Pepper
Salt



Directions:

Prepare the boil cakes by combining the flour, baking powder, and water to form soft dough. Separate the dough into 3" balls and flatten each ball.

Prepare a tomato sauce by first sautéing onions and then adding diced tomatoes. Add salt and pepper to taste.

Peel the yam, cassava, and sweet potatoes. Chop the yam, cassava, and sweet potatoes into 3" chunks. Remove the skin off the green bananas and slice. Peel the ripe plantains and chop into cubes.

Fill a Dutch oven with water and bring to a boil. Add the chopped yam, cassava, sweet potatoes, bananas, and plantains. Add the cubes of salted pork to the pot. Cook until tender.



A few minutes before it is cooked, place the boil cake dough in the water. When cooked, use a slotted spoon to remove everything besides the salted pork.

Add the raw fish slices to the pot containing the water and salted pork. Cook together until the fish starts to become tender.

Place the eggs into the pot and hard-boil them. Remove the eggs from the pot, drench in cold water and remove the shells. Slice the eggs in halves.

Plate boiled foods on a shallow dish. Place the boiled eggs on top. Finish by pouring the tomato sauce over everything.