Pepián

2 guaque (guajillo) chilies

2 pasa (poblano/mulato) chilies

9 roma/plumb tomatoes (approx 1 lb)

1 medium white onion

3 large cloves garlic

1 quisquil (mirliton/chayote) \*you could substitute a hard squash if quisquil not available

3 big potatoes or other root veggies (potatoes are more traditional)

2 oz raw pumpkin seeds (pepitoria)

2 oz sesame seeds (ajonjoli)

1 small bunch cilantro

6 large black peppercorns

6 cloves

½ stick cinnamon (cannela)

2 pounds of chicken (can use chicken parts or breast fillets only if preferred)

Cut the chicken into 5 pieces. Can be cooked skin on or off to personal preference.

The bones are included and add flavor to the dish. Boil chicken in a stock pot in roughly 3

liters/quarts of water. Water should cover the chicken by about 2 inches. Add 1 heaping

tablespoon of salt while the chicken boils.

While the chicken is boiling, roast tomatoes. These take the longest to roast. They are likely to become black but should be roasted until soft.

Roast the dried chilies over a medium low flame on a comal or flat pan until very dry and fragrant. Once roasted, crumble chilies into a mixing bowl. All roasted ingredients will be combined in this bowl.

Roast raw pumpkin seeds until toasted. Add to mixing bowl.

Roast sesame seeds until lightly toasted. Add to mixing bowl.

Roast one whole onion cut into sections with 6-8 black whole peppercorns and 6 cloves plus 3

large cloves of garlic. Add to mixing bowl.

Roast/toast fresh cilantro the same as the other ingredients. This will become very fragrant.

Add to mixing bowl.

Roast ½ stick cinnamon until dry and fragrant. Add to mixing bowl.

In a separate bowl cut peeled potatoes into large chunks. Cut quisquil into thick slices and peel.

Cut remaining onion into chunks. These will be added to the chicken pot once chicken is mostly

cooked.

Combine all roasted ingredients and add water until Blend liquid and roasted ingredients

in a blender to combine fully. Add the mixture to the chicken pot. Continue cooking at a rolling

boil until the sauce reduces some and all ingredients are cooked through. The sauce is typically

thin like a soup. This dish can be served in a bowl as a stand alone meal or with rice. Typical

Guatemalan meals include ric, tamalitos de chipilin or tortillas. Often both rice and tortillas are eaten with a main dish.

**Tamalitos de chipilin:**

2 cups of corn dough

1 cup of chipilin

½ cup of vegetable oil

2 tsp. of consume

And some salt.

Corn leaves

Mixt all ingredients then star to cover with the leaves. Boil for 20 minutes or when the tamalitos stars to smell or the leaves are turned on dark green.

**Rellenitos**

Ingredients

● 4 plantains (they must be yellow, not too hard, not too soft)

● Cinnamon (One stick and ¼ teaspoon)

● 2 cups of water (for boiling plantains)

● ¼ cup of water (for melting chocolate)

● Small can of black refried beans

● 8 oz. Chocolate (Mexican chocolate if you can find it, 3 wafers)

● Oil to fry

PREPARATION

1. Cut 4 plantains in ½ inch slices. Cook them with one stick of cinnamon and 2 cups of

water until soft, about 10 minutes. Remove any additional water.

2. Mash the plantains into a paste and let cool.

3. In a saucepan, cook 8 oz. of chocolate with ¼ cup of water until melted. Then add one

small can of refried black beans. When they are mixed add ¼ teaspoon of cinnamon to

the mixture. Once the two are well mixed, and you have cooked off the excess water the

mixture will begin to form a much thicker paste. Once this is achieved, let it cool.

4. Heat oil in a large frying pan.

5. Grab a little of the plantain paste and form a thick tortillas that you can shape into small

bowls. Then stuff the bowl with a small amount of the bean and chocolate mixture. Close

the bowl and form a egg shaped ball with the bean and chocolate mixture closed on the

inside. If the balls are really sticky or are not holding their shape well, sprinkle flour on a

surface and roll the balls in the flour to coat.

6. Fry the plantains until a light golden brown.

7. Serve plain or with honey or sugar.

**Guacamole Guatemalan Style**

● 1 large or 2 medium avocados (aguacate)

● ¼ small white onion diced finely (cebolla)

● 1 heaping teaspoon salt (sal)

● 1 teaspoon cilantro and one of mint

● 1 teaspoon lime juice (jugo de limon)

Preparetion :

Mix all ingredients together and serve fresh. In Guatemala aguacate is prepared immediately before

serving.

Note – different avocados will have a different consistency and flavor, some more creamy than others.

The typical avocado used in Guatemala is very large and creamy in texture. Always choose ripe

avocados for guacamole. Avocados are ripe if they give easily when squeezed slightly.

**Tortitas de Papa**

(Serves 4)

Ingredients:

1 ½ lb of potatoes

1 tablespoon salt

1 egg

¼ teaspoon of pepper

vegetable oil for frying

Begin by boiling the potatoes with salt and water. When the potatoes are ready Mix the ¼ teaspoon of pepper, mash the potatoes. Set aside the potato patties. Mix the 1 egg in a bowl with a whisk., Heat a frying pan with a small amount of vegetable oil. Place the patties in the pan and fry on both sides until light golden brown. Serve.

**Frijoles Volteados (vegetarian recipe)**

Cooked Beans

1 lb dried black or other beans (black beans are most common)

Rinse beans in water and drain 2-3 times. Pick out any fragments or pieces that float to the top or that otherwise look bad. Cover beans with 2-3 liters/quarts of water. Water should be about 3 inches above the beans. Add 1 diced onion, and 1-2 teaspoons salt.

Boil for 1 1/2 – 2 hours until beans are tender. Boil partially covered to control the rate of water evaporation. The water cooks down and becomes a sauce. Generally, more water isn’t added once the cooking process has begun. The finished whole beans can be eaten as is, served with rice, or used for frijoles volteados (see recipe below).

**Refried Beans (Frijoles Volteados)**

Dice a small - medium white onion finely. Saute onion in a frying pan using enough vegetable oil

to coat the bottom of pan. Put approx 4 cups of cooked black beans in a blender with a little

water and puree. Add bean puree to onion saute. Cook mixture over medium high heat until it

reduces and the desired thickness is reached. Consistency varies, some prefer it more liquidly,

others desired a thicker consistency.

Refried beans can be made and used as a dip with corn chips or served as a side dish. For

extra spice add finely diced jalapeño or other chili pepper. Cooked beans can be made ahead

and kept in the refrigerator.

Notes

The typical black beans in Guatemala are very small in size. They are not typically soaked

overnight to reduce gases. If soaked overnight it’s only to reduce cooking time the following day.

Some Guatemalan cooks add a pinch of bicarbonate soda (baking soda) to whole beans near

the end of cooking time to reduce any chance of gas.

**BUEN PROVECHO!**

If you have liked this experience, don’t forget to add an opinion and post it on our trip advisor, we need your help to continue launching this project!!

Thank you so much to be interested in this adventure! Your friend and instructor.

**Anita.**