

## Belizean Powder Buns

### INGREDIENTS:

- 2 Cups All Purpose Flour
- 1/2 Cup Margarine
- 1/2 Cup Brown Sugar or White Sugar
- 1/2 Cup Raisins
- 2 Tsp Baking Powder
- 2 Medium Eggs
- 1 Tsp Vanilla
- 1 Tsp Cinnamon
- 1 Tsp Nutmeg
- 1/2 Cup Coconut Milk
- 1 Cup Shredded Fresh Coconut

### COOKING TEMPERATURE:

- 370 Degrees

### COOKING TIME:

- 15-20 Minutes or until golden brown.

QuickTime™ and a  
decompressor  
are needed to see this picture.



### For the best Belizean Stewed Beans

The recipe for Belizean Stew Beans is incredibly simple. Prep time is about 5 minutes, and cook time is approximately 45 minutes.

**Ingredients:**

- 1 lb Dried Fresh Beans, Kidney Beans, or 2 Cans of Goya Black Beans
- Coconut Oil
- 1/2 Onion
- 2 Cloves Garlic
- 1/2 Tsp Black Pepper
- 1/2 Tsp Salt

We could replace the dried fresh beans with canned beans (Goya) to save time. For rice I suggest you use Jasmine rice.

## Belizean Stew Chicken

One chicken, whole or cut up, or 4 packs of boneless thighs  
1 Tbsp salt, ½ Black Pepper  
1 chopped Onion OR MORE!!  
1 Ball Red Recado

Newer. If it's cut up, pepper the chicken well and brown it in some oil. Take out the pieces and brown the onion. Make broth with the granules, add it to everything, and bring to a boil. In a little dish, dissolve the recado. (CAUTION: This will stain your clothes, fingers, towels, etc.] Use your fingers to work it into a paste or soup. It will wash off your fingers eventually. Add recado and cook chicken until it's starting to fall off the bones.

(I have home-made recado!)

## ***Recado Rojo (Red Achiote Paste) Notes***

This recipe comes to us courtesy of Jill Norman's fabulous spice book, "Herbs and Spices: The Cook's Reference." It's the best book on spices and herbs we've seen yet, and it has great recipes as well.

### ***Ingredients***

- 1 1/2 tablespoons achiote seeds
- 1/2 tablespoon coriander seeds
- 1/2 tablespoon black peppercorns
- 1/2 teaspoon cumin seeds
- 3 whole cloves
- 2 teaspoons dried oregano
- 5 cloves garlic
- 1 teaspoon salt
- 1-2 tablespoons white wine vinegar, or Seville orange juice

### ***Preparation Instructions***

Grind the first 6 ingredients to a powder in an electric spice mill. Achiote seeds are very hard, so it will take a little time. Crush the garlic with the salt in a mortar, then gradually work in the ground spices. A hot red chili pepper could be added; crush it with the garlic. Moisten with the vinegar or bitter orange juice so that you have a smooth paste.

Form the paste into small disks or balls and let them dry, or put the paste into an airtight container to dry. Whether dried, or as a paste, the

recado will keep for several months if refrigerated.

To use, mix with more Seville orange juice.

### ***Helpful Hints***

The recado is essential to the local Spanish specialty in Seville, pollo pibil (chicken wrapped in banana leaves and steamed or baked). Fish can be cooked in the same way, and the mixture gives depth to soups and stews.

### ***Special Equipment***

If you don't have an electric spice mill, a regular coffee grinder works well. However, it's hard to get the spice flavor completely cleaned out, and you may decide to keep one for spices and a different one for coffee beans.

## Shopping List

All purpose flour

Baking Powder

Butter

Brown sugar

Eggs

Cinnamon

Vanilla

Nutmeg

Coconut Milk

Shredded Coconut

Raisins

Coconut oil

Onions

Garlic

Salt

Paprika

Black Pepper

Goya Black Beans

Jasmine Rice

Boneless Chicken Thighs

