

Pul ik Recipe

Serves 8

Ingredients:

2 lbs of meat (if you want meat)
12 tomatoes
2 large onions
5 cloves of garlic
6 miltomates
3 shallots
1 chile guaque (large dried mildly spicy chile pepper)
1 chile pasa (another kind of large dried chile, usually dark in color)
1 tbsp sesame seed, toasted
2 tbsp corn meal
1 tbsp achiote
2 merlitons
2 sprigs of cilantro
1 sprig of apazote
1 lb of green beans
4 medium-sized potatoes.

Boil the meat until soft. Include in the water 3 tomatoes, 1 onion, sectioned, 2 cloves of garlic, and salt to taste. (You will need 4 cups of broth, so be sure to have enough liquid.)

Toast the tomatoes on a griddle, until the skins blacken

Toast the miltomates as well.

Toast the remaining onion and the shallots.

Wash the chiles and remove seeds. If you want hotter/spicier *pul ik*, leave in some seeds.

Toast the sesame seeds, if not already toasted.

Scald the green beans.

Blend together the tomatoes, miltomate, onion, garlic, chile guaque, chile pasa, cornmeal, sesame, achiote and 4 cups of broth from the meat. In a pot large enough to hold all the ingredients, heat $\frac{1}{4}$ olive oil or vegetable oil. Add the other ingredients, cook together for ten minutes.

Serve.