

Recipe *Xaj Q'utu'n*

Ingredients:

2 lbs of meat (if you want meat)
1 Chile Guaque
1 Chile pasa
2 oz of miltomate
2 oz of sesame seed
2 oz de ground squash or pumpkin seed, pepitoria
1 banana or plantain peel
4 tomatoes
1 medium-sized onion
2 cloves of garlic
1 bunch of cilantro
1 stick of cinnamon
1 liter of water
1 merliton, quartered
1/2 lb. green beans
1/2 lb médium-sized potatoes
salt and pepper to taste

Boil the meat in a liter of wáter until starting to become tender; add the vegetables. Since most US meat is fairly tender, the vegetables can be added fairly early in the cooking process. You want the merliton and the potatoes to be soft, but not falling apart when served.

On a griddle, toast the chiles, the miltomate, the tomatoe, onion, sesame, pepitoria, garlic, cinnamon, and plantain/banana peel. Blend these ingredients with broth from the meat. Add the cilantro, and boil the blended ingredients until thickened (you may add cornstarch or cornmeal to thicken if too watery). Let simmer for a half hour. Add the meat and vegetables. Allow to simmer 10 minutes more so that the flavors can blend.

Maybe served alone as a soup, or poured over cooked rice.