

# ACHIOTE

Achiote is native to the tropical areas of the Americas, including the Caribbean and Mexico. The Spanish brought the small tree from the Americas to Southeast Asia in the 1600s, where it is now a common food ingredient. It's also produced in India and West Africa.



This spice goes by many names in different parts of the world:

- *Achiote* is used in Mexico and in the Aztec language of Nahuatl, as well as Spanish-speaking countries of the Caribbean.
- *Annato* is common on some Caribbean islands and in areas of South America.
- *Roucou* is used frequently in Trinidad and Tobago, Martinique, and Guadalupe.
- *Achuete* is primarily used in the Philippines.
- *Urucul* is the name of the spice among the Tupi-Gurani Indians of the Amazon.

Achiote paste is a popular flavoring in Central American, Mexican, and Caribbean cuisines and is made with annatto seeds, cumin, pepper, coriander, oregano, cloves, and garlic. It adds an earthy, somewhat sweet and spicy, slightly smokey flavor and can be used as a sauce, marinade, or rub for meat, chicken, and fish.

## TASCALATE

Tascalate is a refreshing drink served cold. Made from ground corn, cocoa, cinnamon, achiote paste and sweetened with brown sugar, Tascalate is considered a natural energizing drink and often served early afternoon as a pick me up.



*5 min prep — 6 servings*

### INGREDIENTS

- 4 cups water
- 1 cup masa harina (ground corn)  
*\*For the ground corn, you can substitute ground up corn tostados or corn tortilla chips.*
- 1 cup Imperial Sugar Light Brown Sugar

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- 1/2 cup unsweetened cocoa
- 1 teaspoon achiote paste
- 1 tablespoon ground cinnamon
- 2 teaspoon vanilla extract
- Ice

### INSTRUCTIONS

1. To a blender add water, masa harina, brown sugar, cocoa, achiote, ground cinnamon, and vanilla extract. Blend until creamy, and smooth. Serve over ice.

# CUBAN YELLOW RICE & SAUSAGE

*Prep Time: 10 min –  
Cook Time: 20min – 6 servings*



## INGREDIENTS

- 2 tablespoons olive oil
- 1 small onion chopped
- 1 green bell pepper chopped
- 2 cloves garlic minced
- 1 can sliced pimentos (4 oz) drained
- 1 can tomato sauce (8 oz)
- 2 cups uncooked long grain rice washed and strained
- 3 1/2 cups water

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- 1 chicken bouillon cube
  - Pinch of achiote, annatto or turmeric powder to color the rice
  - 1 bay leaf
  - 12 ounces smoked chicken sausages sliced (or 1 can Vienna sausages, cut in half)

## INSTRUCTIONS

1. In a Dutch oven or saucepan, heat olive oil over medium-high heat. Add onion, green pepper, and garlic. Sauté for 5 minutes.
2. Add sliced pimentos and tomato sauce. Sauté for 1 minute. Add rice, water, bouillon cube, achiote and bay leaf. Bring to a boil.
3. Reduce heat to low. Cover and simmer until liquid is absorbed and rice is tender, about 15 minutes. DO NOT OPEN THE LID. The steam is what cooks the rice. After 15 minutes, remove from heat. Keep the lid on for another 5 minutes. Fluff with a fork.

## INSTRUCTIONS (continued)

4. While the rice is cooking, make the sausages. Add 1/4 cup water to a hot skillet and cook sliced chicken sausages at medium heat, turning them frequently, for about 5-10 minutes until cooked through. Cook in batches, if using a small skillet.
5. When the sausages are done, mix into the rice. Serve immediately. Enjoy!

# BLACK BEAN AND GRILLED ZUCCHINI TOSTADA WITH ANNATTO SAUCE AND GOAT CHEESE



*30 min prep — 20 cook time  
— 4 servings*

## INGREDIENTS

- ¼ cup fresh orange juice
  - ¼ cup fresh lime juice
  - 1½ Tbsp Achiote paste
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- 2 Tbsp olive oil
  - 2 cups white onion, thinly sliced
  - ½ lb button mushrooms, cleaned, hard part of stem removed; cut in half or fourths (pending mushroom size)
  - 1 Tbsp cumin seed
  - 1 Tbsp oregano
  - ½ Tbsp kosher salt
  - ½ cup water
  - 1 can (15 oz) Bush's Black Beans, drained and rinsed
  - 2 medium green zucchini, cut in half the long way
  - ¼ tsp olive oil
  - ¼ tsp kosher salt
  - 6 corn tostadas
  - 4 oz creamy goat cheese
  - ½ cup fresh cilantro, washed and roughly chopped

## INSTRUCTIONS

1. In a small bowl, mix orange juice, lime juice and Achiote paste until smooth. Set aside.

*(continued)*

## INSTRUCTIONS (continued)

2. In a medium sauté pan, heat olive oil over medium high heat. Add onions and mushrooms. Cook until golden brown stirring occasionally (about 15 minutes).
3. To the sauté pan, add cumin seed and oregano. Cook for 15 seconds to bring out the flavor of the cumin and oregano.
4. Add Achiote mixture, salt and water, stir well. Add beans. Turn heat to low and cook about 8 minutes until you have a sauce-like consistency.
5. Turn heat off and set sauté pan aside.
6. Rub cut zucchini with olive oil and salt. Grill over high heat until marked on both sides but still firm. Cut into ½" pieces.
7. Lay the tostadas on a large platter or one per plate. Using a large spoon, divide the Achiote bean mixture evenly onto the tostadas.
8. Top with the grilled zucchini. Using two forks, drop the goat cheese on top in small pieces.
9. Garnish with cilantro and serve.