



-Pollo pibil con verduras, espelones y tortillas de maíz y camote

- Pibil chicken with vegetables, Bush beans and sweet potato and corn tortillas

Ingredients: **FLOSN** Ingredients: 11/16    Porcentaje: 68.75%

(\$ in mexican pesos)

- 2kgs of Organic free range chicken \$160
  - 5 Tomatoes \$17.50
  - 1 white onion \$3
  - 1 purple onion \$3
  - 3 Sweets chilies \$5
  - 5 Carrots \$8
  - 2 potatoes \$10
  - 1 sweet potato \$10
  - 2 garlic heads \$8
  - 1 habanero \$3
  - 300g of Bush beans \$15
  - 10g of "recado rojo" \$4
  - 5g of "recado blanco" \$4
  - Sour orange \$10
  - Ground Corn \$5.5
  - Wormseed leaves (Epazote) \$10
  - Banana leaves \$0
- Total: \$275.50  
Total of portions:  
Cost per portion: \$55.10 or 2.75 dls.



Recado meaning: In Yucatan, recado means, paste of multiple spices and condiments that depending on the food it can vary in color and ingredients, the recado rojo has axiote and the white recado has onion to give it the characteristic color.

Where we bought the ingredients? I bought the chicken from a local producer that guarantees us to have free-range and organically fed chickens, the other ingredients I bought at the Churbuná market in Mérida, 1km from my house, the banana leaves and the errands are from my hometown Valladolid.

how you will manage leftovers and waste.? All the organic leftovers are going to compost and the waste will be recycled.



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### Recipe:

1. First, cut the chicken into smaller pieces so it is marinated in an optimal way.
2. Then, marinate the chicken: it consists of 10g of red recado and 5g of white recado, this is dissolved in the juice of 5 sour oranges and 1 tablespoon of salt is added at the end.
3. Now, the bush beans preparation: remove them from their pods, then wash them, and let them rest for 12 hours in purified water with 3/4 of white onion and 1/2 of red onion, 1 head of garlic, 5 tomatoes and the 3 sweet chilies.
4. For the bush beans, use 1/4 of a white onion, 1 head of garlic and the epazote, add this to a pot with 3 cups of boiling water.
5. In another pot with 2 tablespoons of coconut oil, add all the vegetables except the tomato, cook it for 10-15 minutes, and then add the tomato. Cook for 8 more minutes and put it in a bowl.
6. Peel and cut the carrot into slices and also the potato but keeping its skin.
7. Add 2 tablespoons of coconut oil back to the pot where the vegetables were and sear the chicken pieces for a few minutes.
8. Then, activate the banana leaves by passing them through the flame until they change color, and then cover the inside of the clay pot.
9. Add the chicken and vegetables with 1/2 cup of water and let cook for approximately 1 hour 45 minutes
10. For the tortillas, use 250g of ground corn and 100g of sweet potato puree, with 25ml of chicken broth or salted water (3g of salt).
11. Knead the tortilla dough until it forms a circle, then cook it in a comal until it gets a golden-brown color on both sides.
12. After 1 hour 45 minutes, the bush beans should be ready, as well as the pibil chicken.



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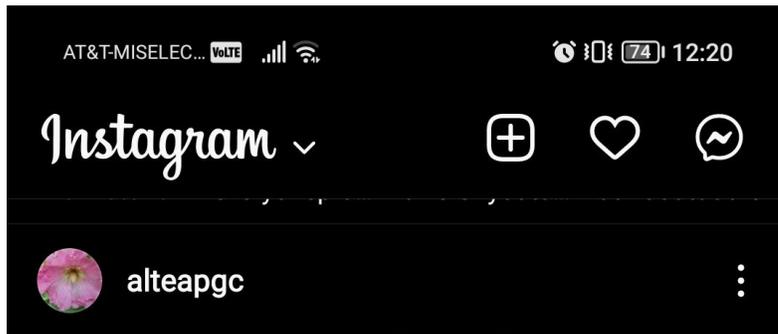
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