

Maya recipes

Waj (tortillas)

Ingredients:

120 grammes of fine corn meal
Pinch of salt
180 millilitres water

Directions:

Mix all ingredients.
Roll into 8 golf ball sized balls.
Flatten into rounds with a rolling pin, between sheets of plastic film.
Dry-fry in medium hot pan on the hob for about 40-60 seconds per side until they are a bit bubbled on both sides.
Keep warm and covered until serving so they won't dry out.

Careful supervision will be needed when working with heat.

Ul or atol (corn-meal gruel)

Ingredients:

275 grammes of corn meal
Pinch of salt
600 millilitres of water

Directions:

Mix together cornmeal, water, and salt in a medium saucepan.
Cook over medium heat on the hob, stirring frequently, until mixture thickens (about 5 to 7 minutes).
The Maya ate this with chilli in it, but you could try it with honey.

Guacamole

Ingredients:

2 mild chillies, finely chopped (optional – wear latex gloves to chop them)
2 tomatoes, finely chopped
Salt, to taste
1 onion, finely chopped
½ lime, juice only
3 ripe avocados

Directions:

In a pestle and mortar, pound the chillies, tomatoes, salt and onion to a fine paste.
Add a little water and lime juice to make a looser mixture. Mash in the avocados. Serve.

K'utbi p'ak (a type of salsa)

Ingredients:

1 onion
2 cloves garlic
4 tomatoes
Pinch salt
Juice from 1 lime

Directions:

Chop and fry onion and garlic.
When slightly golden brown, add chopped tomato and salt.
Cut the lime in half and squeeze the juice out.
Mix the lime juice in with the tomatoes.
Mash a little until it's chunky.