

Boruca Tamales

The Borucas don't use an exact recipe but can describe some general guidelines for their tamales. The important thing is that every cook makes the recipe their own.

Ingredients (can be varied):

- Chicken or pork
- Rice
- Salt, pepper
- Coriander
- Peppers
- Onions
- Annatto (achiote)
- Banana leaves

Combine the spices you want and add them to the meat and chopped vegetables.

Lay out each banana leaf and place a spoonful or so of rice on top. Add a spoonful of the spiced meat/vegetable filling. Fold the banana leaf around the rice and filling securely. Steam the leaves together for six hours.

Enjoy!

For variations on the filling, consider including potato, garlic, hot peppers, cumin, oregano or cilantro.

