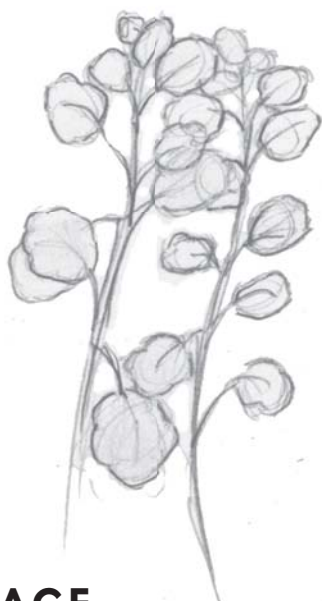
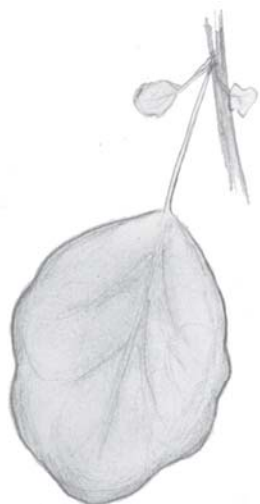


PAPALO



PAPALO is a pungent herb with scalloped, green-blue leaves and tastes like a combination of arugula and cilantro.

Papalo is usually eaten raw in salads or on “cemitas” -- central Mexico’s version of a hero sandwich -- in soups and stews, with grilled meats and beans. A native to Central and Southern Mexico, it grows wild in many areas of Mexico and the United States. It is available here in the Northeast during the summer when the climate is similar to that of Central Mexico.



STORAGE

- ◆ **Papalo is best when used fresh;** it does not retain its flavor when it is dried.
- ◆ Wrap unwashed papalo in a damp towel or stand it upright in a container with an inch of water and refrigerate.

PREPARATION

- ◆ Wash the herb by holding the stem and running the leaves under cool water.
- ◆ Remove any larger, tough stems and you can **use the smaller stems** and/or leaves whole or chopped to the desired size.
- ◆ **Chopping the herb will draw out more of its flavor.**
- ◆ Although papalo is most well known for its flavor in salsas, it is also excellent when used in soups, stews, stir-fries, salads and pasta dishes.

Nutritional Information

Papalo contains Vitamins A. Vitamin A is important in vision, growth and development, skin health, immune function and reproduction.

Papalo Recipes

Papalo Salsa (Serves 6)

- 2 roasted and deseeded chopped chili peppers
- 2 roasted and deseeded green peppers, chopped
- 3 small green tomatoes, chopped
- 4 roasted garlic cloves
- 6 papalo leaves
- ½ tsp lemon juice
- 1 tsp oil
- salt
- 2 spoonfuls of minced onion



Combine all the ingredients in a food processor. Let salsa rest in refrigerator for at least 1 hour before serving.

Recipe adapted from www.freshcutherbs.com

Sea Bass in Papalo (Serves 6)

- | | |
|---|--|
| 2 lb sea bass (or red snapper), cut into 8 servings | 1 cup green chilli peppers, finely chopped |
| 1 cup Milk | 1/4 cup fresh papalo, snipped |
| 1 teaspoon ground cumin | 3/4 teaspoon salt |
| 1/4 cup vegetable oil | 1/4 teaspoons pepper |
| 1 cup onion; chopped | 8 lemon or lime wedge |



Place fish in a shallow dish to marinate. Mix milk and cumin and pour over fish; cover and refrigerate for 1 hour. In a 2 quart saucepan, heat oil and sauté onion until tender. Stir in peppers, papalo, salt and pepper, and milk drained from the fish. Bring to boil then reduce to simmer, uncovered, until thickened, about 10 minutes. Heat the oven to 350 degrees F. Pat fish dry and place each piece of fish on one square of heavy duty aluminum foil large enough to fold over the entire piece. Spoon onion mixture onto the fish and fold foil to secure the fish in a packet. Place packets in an ungreased roasting pan or cookie sheet with edges. Bake until fish flakes easily with fork, 25 to 30 minutes. Serve with lemon or lime wedges.

Recipe adapted from www.epicurean.com.

Mexican Black Beans (Serves 4)

- 1 (16 ounce) can black beans
- 1 small onion, chopped
- 1 clove garlic, chopped
- 1/4 teaspoon cayenne pepper
- salt to taste
- 1 tablespoon chopped fresh papalo



In a medium saucepan, combine beans, onion, and garlic, and bring to a boil. Reduce heat to medium-low. Season with cayenne and salt. Simmer for 5 minutes. Add papalo, stir and serve.

Recipe adapted from www.allrecipes.com.