

# Recipes

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## Culantro *Eryngium foetidum*

### Tips for Use:

- The flavor of culantro is best when used fresh
- Young leaves earlier in the season are more tender
- Pairs well with fish, beans, soups, and curries; commonly found in Asian dishes such as Vietnamese Pho soup as well as Puerto Rican dishes like sofrito
- Dried leaves retain flavor better than dried cilantro

## Culantro and Mango Salsa

1 bunch Culantro (or cilantro) leaves  
3 mangoes, ripe is best, de skinned and diced  
3 garlic cloves  
¼ cup white onion  
1 lime  
½ Jamaican habanero pepper or to taste  
½ cup water  
Salt and pepper to taste

Place diced mangoes in a serving dish.

Squeeze the juice of 1 lime over it.

Add salt and pepper to taste and set aside.

In a blender, blend together culantro, water, garlic and Jamaican hot pepper (it is a short red pepper with major heat so if you do not like spicy foods use very little or omit it, but it is the ingredient that gives this dish a kick against the sweet mango)

Pour the blended mixture over the mango and refrigerate for 15 minutes before serving. Can be eaten alone if you are brave or with tortilla chips.

Note: Do not confuse the herb culantro with cilantro, they look nothing alike. It is available at many Asian and or Jamaican markets. If you cannot find it then you may substitute cilantro for a less dramatic effect.

— Spice it up, June 24, 2013  
*FOOD52.com*



## Recaito with Culantro

*Recaito, a pungent mixture of the culantro, cilantro, onion, garlic, and pepper, is a staple ingredient in many Puerto Rican and other Latin dishes. While this puree is the foundation of many dishes including soups, stews, bean and rice dishes, it can be added near the end of cooking time to finish a recipe. Don't confuse culantro with cilantro. Culantro has long leaves with tapered tips and serrated edges.*

Servings: 1 cup or 4 (1/4 cup) bags

- 8-10 culantro leaves
- 1 cup packed cilantro leaves
- 1 medium onion, quartered
- 6 garlic cloves
- 1 Cajun belle or cubanelle pepper, cored, seeded, and quartered

Place all ingredients in a food processor; pulse 8 to 10 times or until mixture is finely chopped, stopping twice to scrape down sides.

Spoon mixture by ¼ cup measure into heavy-duty zip lock freezer bags. Flatten to remove air. Store in freezer until ready to use. Thaw at room temperature.

— Bonnie Plants  
[Bonnieplants.com/cooking/recaito/](http://Bonnieplants.com/cooking/recaito/)



## Trinidadian Green Seasoning

*This savory herb-laced salsa from Trinidad and Tobago is used to marinate meat and seafood or to flavor any number of spicy, hearty stews*

Makes about 2 cups

½ cup finely chopped culantro (or cilantro)  
½ cup finely chopped flat-leafed parsley  
¼ cup fresh lime juice  
2 tablespoons water  
1 tablespoon finely chopped thyme  
2 cloves garlic, minced  
2 scallions, thinly sliced  
1 stalk celery, finely chopped  
½ small white onion, finely chopped  
½ red bell pepper, finely chopped  
Kosher salt and freshly ground black pepper

In a large bowl, mix all the ingredients together with 2 tablespoons water and season with salt and pepper. Store in an airtight container for up to 3 days.

— Saveur Editors, February 24, 2016  
[Saveur.com/green-seasoning-recipe](http://Saveur.com/green-seasoning-recipe)