Recipes

Jamaica tacos

Ingredients:

• Jamaica flower (hibiscus)

• Tomatillo (green tomato)

• Jicama.

• Onion.

• Garlic

• Cilantro

• Seasoning Organic

Boil hibiscus in a liter of water for about 8-10 minutes, this helps soften the flowers and reduce the sour taste of hibiscus, if you prefer also can be soaked in water overnight.

-Reserve the water to make jamaica water.-

Finely chop the garlic and do the same with the onion, reserved for use later.

Clean green tomatoes by removing the peel and chop into cubes or small or medium dice.

Jamaica flowers remove from heat and drain well, it is best to remove all excess moisture to acquire the right consistency.

Saute in a little oil, garlic for a few seconds immediately add the onion and saute until sautee.

Add the tomato and continue to saute until tomatoes soften change color.

Add the hibiscus and saute until the jamaica take a slightly crunchy texture. Spice with salt and pepper

Sprinkle finely chopped cilantro previously. Serve with some avocado for extra flavor and texture.

for the tortilla you must cut thin slices of jicama

Almond bread

Ingredients

• 500 gr. ground almonds

• 1 cup water

• 1 lemon

• 1 tablespoon of baking soda

• 1 tablespoon olive oil

• cinnamon (optional)

• sesame seeds (optional)

• 1 egg (optional)

Instructions

As we prepare all the mass pre-heat the oven to 180 ° C.

We squeeze the lemon and add it snuck into the container where we are going to make dough.

Add the tablespoon of baking soda to the lemon. And mix.

When you have dropped a little foam is poured a tablespoon of oil.

Now we threw the glass of water and mix.

If you have decided to lay an egg, is added in this step. And so the egg mix is ​​well shuffled.

We will incorporate the grated almonds slowly to throw all. And it all blends well.

If you want to take cinnamon, this is the time, when you're all mixed.

The whole mass is introduced into a baking dish. It expands well.

Now you can decorate with sesame seeds. And I put it in the oven.

-Notes-

Cooking time is one hour at 180 ° C, in my oven I took this, but every oven is a world so go watch him in case he did before.

You can also make a savory version, and the seeds can vary.

Bread without flour and egg

ingredients

1 cup ground flax (linseed)

2/3 cup almond flour

2/3 cup coconut flour

3/4 cup water

4 tbsp caraway seeds ( anise-like flavor)

2 tbsp olive oil

2 tablespoons apple cider vinegar

1 1/2 tsp ground cumin

1 tsp sea salt

1/2 teaspoon baking soda

preparation

Heat oven to 350 ° F / 180 ° C and prepare a well greased or covered with parchment paper .

Place all ingredients in a food processor and process until blended. It is a fairly dry and compact mass.

Put crushed well in the mold to shape and bake 30-40 minutes. After 15 min check occasionally.

As it begins to brown at the edges it is already cooked . From that moment I can leave much time as you want a more or less dry bread , but beware that it can burn quickly