



SPICE OF THE MONTH CLUB

April 2021

Join us to discuss!

4/27 @ 6:30pm online

Spend the month cooking with your spice and join us on Zoom on the last Tuesday of the month to discuss your opinions, experiences, and love (or hate!).

Join the discussion: <http://bit.ly/KPLSpiceClub>



This month's spice: ANNATTO SEEDS!

History

Annatto is a spice made from the seeds of the achiote tree. It is native to the Caribbean, Mexico, and South America. The shrubs were popular in colonial American gardens because of their dramatic flowers.



The intense colors of the seeds made them popular ingredients in traditional forms of body paint (for social and spiritual reasons) and sunscreen by the indigenous people of the Caribbean Islands and North America. Some historians theorize that this was the origin of the use of the terms 'Redskin' or 'Red Indian' by Europeans.



Use

Annatto seeds are renowned for their distinctive earthy flavor and deep coloring. Much like saffron, Annatto is often used as a natural coloring agent - it lends its yellow-orange hue to things like cheeses, baked goods, and even cosmetics.

Annatto is the key spice in achiote paste (or *recado rojo*), an important ingredient in Mexican cooking. Recipes generally require Annatto seeds to be ground into a powder or cooked whole into an oil mixture.

Annatto Rice With Sausage and Tomato

Servings: 4

Made with annatto, called "poor man's saffron" because of its similar color, this rice dish is zesty and filling.

Ingredients

- 3 tablespoons grapeseed oil
- 1 1/2 tablespoons annatto seeds
- 1 small red chile, stemmed, seeded, and minced
- 3 cloves garlic, minced
- 1/2 pound vegetarian or organic chicken sausage, cut into bite-size pieces
- 1 cup diced tomato
- 4 small bay leaves, broken in half
- 2 cups cooked long-grain white rice
- Salt and freshly ground black pepper, to taste

Directions

Step 1

In a medium saute pan, heat the oil and annatto seeds over medium heat until sizzling. Lower the temperature and cook until the oil turns yellow, about 5 minutes. Turn off the heat. Using a slotted spoon, remove annatto seeds and discard.

Step 2

Reheat the annatto oil over medium-high heat. Saute chile and garlic, stir, and cook for 30 seconds. Add sausage, tomato, and bay leaves; cook and stir until heated through.

Step 3

Stir in cooked rice. Remove and discard bay leaves. Season with salt and pepper. Serve warm.

Cook's Notes

Annatto, or achiote, can be found in Latin groceries.



Cuban-Style Yellow Rice

Rice is a Cuban staple and is most often served steamed and paired with black beans. Yellow rice traces to Spanish origins, when rice was flavored with saffron. Due to the high cost of saffron, Cuban yellow rice is flavored with annatto powder, a derivative of the seeds from the tropical achiote tree. When used in large quantities, annatto powder has a peppery flavor, but in small amounts, the flavor isn't noticed and is primarily used to add color. Cuban-style yellow rice is a side dish to many entrees.

Recipe Servings: 8

Prep Time



10 minutes

+

Cook Time



30 minutes

=

Total Time



40 minutes

Vegetarian Vegan Gluten Free Dairy Free Kosher Halal

Ingredients

- 4 cups long grain [rice](#)
- 8 cups water
- 1 small [onion](#), minced
- 2 tsp [salt](#)
- ½ tsp [annatto powder](#)
- ¼ tsp [paprika](#)
- Ground [black pepper](#), to taste
- 1 cup frozen [peas](#), thawed
- 1 jar (4 oz) sliced pimiento peppers, for garnish

Directions

- 1 Rinse rice under cold water through a sieve until water runs clear. Shake to remove excess water.
- 2 Place rice into large saucepan with a tight-fitting lid and add water.
- 3 Stir in onion, salt, annatto powder, paprika, and pepper.
- 4 Bring mixture to a boil over medium-high heat then reduce heat to low and simmer, covering pan with lid.
- 5 Cook 10 minutes and then stir in peas.
- 6 Cook until all water is evaporated, about 15-20 minutes.
- 7 Serve garnished with pimiento slices.



Achiote Paste

About 3 tbsp
(45 mL)

Preparation time:
5 minutes

• **Mortar and pestle or spice grinder**

½ tsp	annatto seeds	2 mL
½ tsp	dried oregano	2 mL
½ tsp	cumin seeds	2 mL
½ tsp	whole black peppercorns	2 mL
½ tsp	whole allspice	2 mL
2	large cloves garlic, crushed	2
1 tbsp	water	15 mL
½ tsp	white vinegar	2 mL
¼ tsp	fine sea salt	1 mL

1. In spice grinder or mortar, combine annatto, oregano, cumin, peppercorns and allspice and grind until mixture becomes a fine powder. Add garlic, water, vinegar and salt and combine thoroughly. Transfer to a sterilized jar and store in the refrigerator for up to 1 week.

Pork Pibil

This recipe from the Yucatán region of Mexico uses a traditional achiote paste (see above) made with annatto seeds, which gives it its characteristic red color. The slow-cooked pork is rich with flavor and perfect eaten with rice or used as a filling for tacos.

Makes
6 servings

Preparation time:

20 minutes,
plus 2 hours (or
up to 24 hours)
for marinating

Cooking time: 3 to
4 hours



1	recipe achiote paste (above)	1
2 lbs	pork butt (shoulder), cut into roughly 5-inch (12.5 cm) pieces	1 kg
1 cup	freshly squeezed orange juice	250 mL
1	large red onion, halved and sliced	1
3	sprigs fresh oregano	3
1 tbsp	butter	15 mL
2	large tomatoes, roughly chopped	2
1 tsp	fine sea salt	5 mL
½ cup	water	125 mL

1. In a resealable bag or non-reactive bowl, combine prepared achiote paste, pork, orange juice, onion and oregano. Cover and refrigerate for at least 2 hours or overnight.
2. Preheat oven to 250°F (120°C).
3. In a Dutch oven over medium-high heat, melt butter. When butter is foaming, add prepared pork with marinade. Cook, stirring constantly, for 5 minutes, until lightly browned; then add tomatoes, salt and water. Cover tightly with aluminum foil or lid and transfer to preheated oven. Cook for 2 to 3 hours, until meat is tender and falling apart. Remove from oven and, using a fork, mash the meat into the sauce until well combined.