

# GROCERY LIST

TURN A CUPCAKE INTO A

## ★ TAMALE ★

### BRAISED QUAIL

#### PANAMA STYLE TAMALE

- 40Z QUAIL
- 1/4 CUP CAPERS
- 1/2 CUP OLIVES - ROUGH CHOP
- 5 SAZON SEASONING
- 1 CUP CHOPPED FRESH PARSLEY
- 1 BUNCH SCALLIONS
- 6 CLOVES FRESH GARLIC
- 8 OZ. ACHIOTE
- 1 CUP DICED ASSORTED BELL PEPPERS

### COCONUT RICE WITH GUANDULES

- 3 CUPS WHITE RICE
- 2 CANS UNSWEETENED COCONUT MILK
- 1 CAN PIGEON PEAS
- 3 TBS. COCONUT OIL PLATANO TOSTONES

### MASA

- 2 CUPS YELLOW CORN MEAL
- 8OZ ACHOITE OIL
- 2 CUPS CHICKEN BROTH
- 4 BANANA LEAVES
- COOKING TWINE

### PLATANO TOSTONES

- PEELED AND SLICED PLANTAIN
- CINNAMON

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- PRE HEAT OVEN TO 350 DEGREE
  - 2 FRYING PANS (1 CAST IRON OPTIONAL)
  - 1 SMALL STOCK POT FOR BOILING WATER
  - SALT & PEPPER TO TASTE
  - COOKING OIL (YOUR CHOICE)