



## Salbutes

 4 servings  30 minutes

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### INGREDIENTS

2 cups Masa (corn flour)

1 1/4 cups warm water

1/2 teaspoon salt

2 tablespoons vegetable oil or lard

1" cube of Recado

### TOPPINGS

Shredded Chicken, Tomatoes,  
Onion, Avocado, Salsa, Sour Cream

### Assemble the salbutes:

- Once all the salbutes are fried, top each one with your desired toppings, such as shredded chicken, shredded lettuce, diced tomatoes, avocado slices, diced onions, salsa, shredded cheese, and/or sour cream.
- Serve immediately and enjoy!

Feel free to customize the toppings to your liking or based on what you have available.

Salbutes are versatile and can be filled with a variety of ingredients to suit your taste preferences. Enjoy your homemade salbutes!

### **NOTE:**

The essential ingredient, Recado, enhances the flavor of numerous Belizean dishes, particularly when simmering meat. This flavorful ingredient can be sourced in the United States under the name "achiote paste," readily available in Mexican/Latin American markets.

## DIRECTIONS

### Prepare the masa dough:

- In a mixing bowl, combine the masa and salt.
- Gradually add warm water and vegetable oil or lard, mixing until a pliable dough forms. If the dough is too dry, add more water; if it's too wet, add more masa.
- Then, add the recado to give the masa a deeper orange color.
- Knead the dough for a few minutes until smooth. Cover with a damp towel or plastic wrap and let it rest for about 10-15 minutes.

### Form the salbutes:

- After resting, divide the dough into small balls, roughly golf ball-sized.
- Flatten each ball into a disk about 4" in diameter and about 1/4" thick.

### Fry the salbutes:

- Heat vegetable oil in a frying pan or deep fryer to about 350°F (175°C).
- Carefully add the salbutes to the hot oil, frying them in batches as needed.
- Fry each salbute until golden brown and puffed up, about 1-2 minutes per side.
- Remove the fried salbutes from the oil and drain on paper towels.