Mayan Pumpkin-Seed Dip

Food & Wine, May 2013
Internet Address:



5 ounces pumpkin seeds, raw, aka: pepitas, about 1 cup

2 tablespoons canola oil

1/2 cup shallots, finely chopped

1 large jalapeno chile pepper, seeded and finely chopped

3 garlic cloves, minced

Kosher salt

1/4 cup parsley, lightly packed

1/4 cup cilantro, lightly packed

2 tablespoons fresh lime juice

1 tablespoon extra-virgin olive oil

1/4 teaspoon orange zest, finely grated

Tortilla chips (for serving)

Carolyn T's Blog - Tasting Spoons
http://tastingspoons.com

Servings: 8

NOTES: This supereasy, thick pumpkin seed spread from the Yucatan, called sikil pak, might just be the new guacamole. This orange zest-scented version comes from Bandalero in Washington, DC, owned by Top Chef finalist Mike Isabella.
1. In a large skillet, toast the pumpkin seeds over moderate heat, tossing occasionally, until lightly golden, about 5 minutes. Transfer to a food processor.
2. In the skillet, heat the canola oil until shimmering. Add the shallots, jalapeño, garlic and a generous pinch of salt and cook over moderate heat, stirring occasionally, until softened, about 5 minutes. Transfer the mixture to the food processor and let cool.
3. Add the parsley, cilantro, lime juice, olive oil, orange zest and 1/4 cup of water to the food processor and puree until nearly smooth. Season with salt. Transfer the sikil pak to a bowl and serve with tortilla chips. MAKE AHEAD: The dip can be refrigerated for up to 3 days. Bring to room temperature before serving. [I think it will keep longer than 3 days, FYI.]

Per Serving (excluding unknown items): 59 Calories; 14g Fat (75.3% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 7mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 1 Fat.