

Blue Zones Green Papaya

Swick

Makes 4 servings | Active Time: 15 minutes | Total Time: 15 minutes

Chef's Notes

- Culantro coyote, also known as fitweed, Mexican coriander, bhandhanya, and ngò gai, is an herb related to cilantro, but it has a much stronger flavor. Native to Mexico and South America, it's cultivated and used around the world in Latin American, Caribbean, and Asian cooking. You can find it in ethnic grocery stores. Cilantro has a stronger smell and flavor when uncooked, while culantro has a stronger flavor and smell after it's cooked. So use culantro coyote at the start of making a stew or picadillo, and use cilantro toward the end to finish the dish. If you can't find culantro coyote, use more cilantro (at least double), and possibly the addition of other aromatics like onion, parsley, and mint.

Step 1: Making the Dish

- 1 tablespoon extra-virgin olive oil or vegetable oil
 - 3 red, orange, or yellow sweet peppers, seeded and sliced into strips
 - 1 small sweet onion (like Vidalia), halved and thinly sliced
 - 1 clove garlic, minced
 - 2 pounds green papaya, peeled and julienned
 - 3 large culantro coyote leaves,* coarsely chopped
 - Corn tortillas
 - 1 tablespoon coarsely chopped fresh cilantro, for topping
 - Chilero hot sauce
- In a medium pan, sauté peppers, onion, and garlic in oil over medium-high heat for 4-5 minutes, until onion is translucent.
- Reduce heat to medium-low, add papaya and culantro coyote and cook 4-6 more minutes or until veggies are well combined and cooked through, stirring frequently to make sure the mixture doesn't burn.
- Serve in corn tortillas with cilantro and chilero hot sauce.