

GUATEMALAN

BOXBOLES

Boxboles are a delicious dish from Quiché in Guatemala. Usually served as a side dish or a snack, they are traditionally made with pumpkin leaves, but chard is a great substitute. The leaves are wrapped around a steamed and spiced cornmeal dough, and served with a tomato sauce, cheese, sour cream and a squeeze of lime! Buen provecho!

Serves 4

Ingredients

- △ 250g of cornmeal
- △ 1 litre water
- △ 75g butter
- △ Salt (to taste)
- △ Chilli powder (to taste)
- △ 20 chard leaves
- △ 10 tomatoes
- △ Handful of pumpkin seeds
- △ Grated cheese (eg mild cheddar) – optional
- △ Sour cream – optional
- △ 2 limes cut into wedges



Drawings by Maria-Elena, 12 years old,
from Quiché Guatemala



METHOD

1. Put 250g of cornmeal into a large bowl
2. Slowly add 470ml of water to the cornmeal and mix it in with your hands until it's a doughy consistency
3. Add 75g of room-temperature butter to the bowl, along with a couple of pinches of salt. You can also add a sprinkle of chilli powder, if you want. Then knead everything together to create a smooth dough
4. Once you've mixed up your dough really well, it's time to put it into the washed chard leaves. Divide the dough into cigar shaped pieces then wrap each one in a chard leaf. If in doubt, make them a bit smaller than you think!
5. Wrap each one tightly so the dough doesn't escape when you steam them. Carefully place them in a large pan next to each other with a second layer on top.
6. Add 450ml of water, and cook covered, over a medium high heat for about 25 minutes.
7. While they are cooking, roughly chop 10 or so tomatoes and cook over a medium heat with a pinch of salt.
8. Once soft, blend the tomatoes and add pumpkin seeds.
9. Place your hot boxboles into a serving dish and pour over the tomato sauce.
10. Serve as they are or with grated cheese, sour cream and a squeeze of lime!