

Sikil Pak ~ Pumpkinseed Dip



Roasted Vegetables

1 small white onion, peeled and sliced into ¼" rounds

3 small plum tomatoes

1 fresh habanero chile*

1 clove garlic, with husk on

1 ¾ cup (about 8 oz.) raw hulled pumpkinseeds*

1/3 cup fresh-squeezed orange juice (about 1 large orange)

1/3 cup fresh-squeezed lime juice (about 3 limes)

2 generous TBSP tahini*

¾-1 tsp salt

2 TBSP roughly chopped cilantro

Jícama*, Cucumber, or Tortilla Chips*

→Place onion slices, whole tomatoes, whole habanero, and garlic on a baking sheet lined with parchment or foil.

→Roast at 400°F for 30 minutes, flipping the vegetables once so that they are evenly browned on all sides. The habanero and onion may need slightly less time.

→In the meantime, toast the pumpkinseeds on an ungreased comal/griddle until brown and crackling. Be sure to constantly stir them with a wooden spatula so that they don't burn. When they are toasted, remove from the griddle and pour them into a food processor.

→Juice the orange and limes. You should have about 2/3 cup juice total. Set this to the side.

→When the vegetables are done roasting, remove them from the oven and let cool. You will want to cut the habanero in half to remove the seeds and veins. Be very careful not to touch the habanero. Hold onto the stem and use the knife to do the work. You will want to taste the habanero for heat. Start by putting half of the habanero in the food processor. You can always add more if you'd like.

→Peel the paper off the garlic. Add the garlic clove, roasted tomatoes, and onion to the food processor along with the toasted pumpkinseeds and habanero. Then add the juices, tahini, and salt.

→Pulse the ingredients to blend. You want them to be well-mixed, but you still want the dip to have some texture. Then, add the cilantro. Pulse a few more times to incorporate it. You still want to see pieces of the cilantro in the sikil pak.

→Serve with jícama and cucumber spears. You could also eat this with tortilla chips.

NOTES:

- Habaneros are one of the hottest peppers. Be very careful when handling them. You may want to wear gloves and be sure not to touch your eyes after handling an habanero.
- We buy our [pumpkinseeds from Trader Joe's](#). They may also be called *pepitas*.
- You can substitute toasted, pulverized sesame seeds for tahini.
- *Jícama* is a Mexican yam or turnip. It can be found at any Mexican grocery store and now some larger grocery stores are carrying them. It is definitely worth a try. You will have to peel the outside to eat it. It is like a cross between an apple (texture), a potato (flavor), and a cucumber (it is slightly juicy).
- My favorite [tortilla chips are also from Trader Joe's](#). When it comes to corn, you always want to opt for organic. If you are wondering why, [find out here](#).

