



Tacos de Jamaica (Vegan Hibiscus Tacos)



These delicious Mexican vegan tacos (tacos de jamaica) are made with hibiscus flowers and are garnished with pineapple, onion, cilantro, and salsa verde with avocado.

By Chef Gaby Cervello

Prep: 15 mins

Cook: 17 mins

Additional: 2 hrs

Total: 2 hrs 32 mins

Servings: 18

Yield: 18 tortillas



Ingredients

8 ounces dried hibiscus flowers

1 tablespoon olive oil

1 onion, chopped

2 cloves garlic, minced

salt and freshly ground black pepper to taste

Directions

Step 1

Rinse hibiscus very well to make sure all dust is removed. Place clean hibiscus in a pot over medium heat, cover with water, and boil for 10 minutes. Remove hibiscus from heat and allow to steep for at least 2 hours, until hibiscus is very soft. Drain well.

Step 2

Heat oil in a large skillet over medium heat and cook 1 onion and 2 cloves garlic until soft and translucent, about 2 minutes. Stir in drained hibiscus and season with salt and pepper. Cook

Salsa Verde:

10 fresh tomatillos, husks removed

1 avocado - peeled, pitted, and diced

¼ onion, chopped

2 serrano peppers

1 clove garlic

2 tablespoons chopped fresh cilantro

salt to taste

18 corn tortillas

Garnish:

2 slices fresh pineapple, chopped

1 small onion, finely chopped

½ bunch cilantro, chopped

2 limes, cut into wedges

for 5 minutes, stirring constantly, until hibiscus turns a deep red color.

Step 3

Combine tomatillos, avocado, 1/4 onion, serrano peppers, 1 clove garlic, and 2 tablespoons cilantro; blend until smooth. Season salsa verde with salt.

Step 4

Warm corn tortillas in a skillet. Divide hibiscus mixture amongst tortillas and top with pineapple, onion, and cilantro. Serve with salsa verde and lime.

Cook's Notes:

You can use the liquid from soaking the hibiscus to make hibiscus agua fresca.

Tips

Watch the recipe video in Spanish on my blog: Gaby Cervello

Nutrition Facts

Per Serving: 101 calories; protein 2.1g; carbohydrates 17.3g; fat 3.2g; sodium 31.5mg.

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