

Exotic

by nature

Chayote

from Costa Rica

Easy & delicious

chayote recipes



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Costa Rica is a peaceful country, located in the heart of the Americas and flanked by two seas. Its microclimates, valleys, plains and high mountains, allow reaping the most exotic and most delicious fruits and vegetables, distributed to the rest of the world by hard working people who are willing to give their best.

The agricultural products that the country offers are many, mostly cultivated by local family business owners. One of the gifts of this land to the world is the chayote, an exotic vegetable originally from the Americas, which has high content of antioxidants, vitamin C and low in calories, qualities strongly desired by consumers and followers of culinary trends.

This cooking book offers culinary recipes that guarantee the exquisiteness of the different gastronomic preparations you can make in

your own kitchen with this magnificent plant, chayote; easy-to -prepare, appealing and with a seductive aroma.

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You will discover in this cooking book, the most delicious dishes to sample the Costa Rican flavor through native recipes, created with a slight touch of international cuisine. Along with the commitment of PROCOMER - The Export Promotion Agency of Costa Rica, we invite you to learn more and to contact these companies. They will take the chayote, the basis of these delicious recipes, to your table and to your customers as well.

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Recipes

Chayote valle special salad

INGREDIENTS

- 4 Chayotes
- 3 radishes
- 2 cucumbers
- 50 grams (2 ounces) cilantro
- 8 strawberries
- 1 tsp of salt
- 1/4 Cup olive oil
- 1/4 Cup fresh orange juice
- 1 tsp. salt
- 1 tsp. white pepper
- 1 lemon (juice)

Directions

With the help of a vegetable peeler, cut the chayote lengthwise in thin slices. Put them in a salad bowl and sprinkle with a pinch of salt and add the lemon juice.

Then put the chayote slices in boiling water, add a pinch of salt, and let them boil for 2 minutes. Then remove and put them in ice water immediately.

Cut the cucumber and the radish the same way (you did with the chayote) but do not boil them. Cut the strawberries in thin slices. Peel the cilantro leaves off the stem.

In a salad bowl, put the slices of chayote, the cucumber, the radish and toss gently. In a deep plate, place the mixed salad and use the thin slices of strawberries and the cilantro leaves on top to garnish.

In a small bowl put the olive oil, the orange juice, salt and pepper to taste and mix well. Pour this dressing over the salad and serve.



Chayote chicken lettuce wrap

INGREDIENTS

- 4 chayotes
- 3 tbsp olive oil
- 4 tbsp onions
- 3 garlic cloves
- 2 tbsp Worcestershire sauce
- 1 tsp Sriracha Sauce (spicy hot sauce)
- 4 tsp celery (finely chopped)
- 1 chicken breast (cut in small pieces)
- 2 tbs paprika
- Salt and pepper to taste.
- 1/2 cup of water
- Butterhead lettuce leaves (also called Boston lettuce)

Directions

Heat olive oil in a large pot. Add the garlic and the onions and stir until golden.

Add the small pieces of chicken breast and cook until the chicken pieces edges are sealed.

Add the chayote, paprika and stir. Add $\frac{1}{4}$ cup of water, the Worcestershire and Sriracha sauces. Continue cooking over medium heat for another 10 minutes or until the chayote is al dente. If necessary, add the rest of the water until it is done. Add salt and pepper to taste.

To serve, put the filling over the lettuce leaves and add the stalk celery, finely chopped, on top to garnish.



Chayote spaguetti neapolitan

INGREDIENTS

- 4 Large Chayotes
- 2 tsps. of olive oil
- 3 tsps. of garlic
- 3 tsps. of chopped onions
- 10 units of cherry tomatoes
- 1/3 Cup of chopped tomatoes
- 1/3 Cup of white wine
- 1/3 Cup of water
- 10 basil leaves
- 2 tsps. of oregano
- 2 tbsps. of butter
- Salt and Pepper
- Parmesan Cheese to taste

Directions

With the help of a vegetable peeler, chop the chayote in julienne strips (as long and thin as possible).

Bring a pot of water to boil, add salt to taste and put the chayote. Continue cooking for 5 more minutes and then put aside.

Heat the olive oil in a skillet, along with the garlic and onions and stir until golden. Add the chopped tomatoes, the white wine and mix well. Then let it stand for 2 minutes over medium-heat. Add the water, the oregano and salt and pepper to taste. Let it stand for 3 more minutes over medium-heat and add butter and the cherry tomatoes.

Place the chayote in a plate and pour the sauce evenly over them, use the chopped basil leaves for decoration along with the parmesan cheese.



Chayote tuna tartar

INGREDIENTS

- 3 Chayote
- 1 filet of Tuna (Medium size)
- 1/4 Cup of soya sauce
- 1/4 Cup of oyster sauce
- 4 tbps sesame seeds
- 1/2 red onion (finely chopped)
- 3 tbsps sesame oil
- Lemon juice
- Salt and pepper
- 2 tbsps of wasabi

Directions

Cut the chayotes in half (lengthwise) and put them in boiling water until al dente. Remove them and put them in ice water.

Diced the tuna filet in small pieces and put them in a small bowl. Add the chopped onion, salt and pepper, sprinkle some lemon juice and the sesame oil over them and add the sesame seeds. Mix gently, without damaging the tuna, and then put them over the center of the chayotes.

Mix the soy and the oyster sauces and pour evenly over the chayotes and the tuna tartar.

Use the wasabi to garnish the dish.



Grill Chayote salsa for BBQ

INGREDIENTS

- 3 Medium size chayotes
- 1/2 red onion
- 1/4 Cup of mango (finely chopped)
- 4 tbsps cilantro
- 3 tbsps of celery
- 3 tbsps papikra
- 1/3 Cup of olive oil
- 1/3 Cup of strawberry concentrate
- 1/4 Cup of lemon juice
- Salt and pepper to taste

Directions

Diced the chayote in brunoise small pieces cut (1/4 inch aprox). Bring water to boil. Put them and let them cook for 4 minutes. Remove and put them in ice water. Drain completely and put them in a bowl.

Whisk the olive oil, the strawberry concentrate and the lemon juice thoroughly to obtain a vinaigrette. Season to taste with salt and pepper.

Mix all the ingredients in a bowl and add the vinaigrette.

Use it to season your grilled meats.



Chayote au gratin

INGREDIENTS

- 4 chayotes
- 1 Cup of sour cream
- 1 Cup of Parmesan cheese
- Salt and pepper

Directions

With the help of a vegetable peeler, cut the chayotes in fine slices.

Mix the sour cream and parmesan cheese. Add salt and pepper to taste.

Put the slices of chayote in an oven-safe glass container and evenly pour the mix of the sour cream and the parmesan cheese over them.

Bake in medium-heat oven until golden brown.



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