



## *The Edible Garden*

Recipe featured at *Fiesta de Flores y Comida*, September 26

### Rosero Ecuatoriano

#### (Ecuadorian Fruit and Corn Punch with Roses)

By: Maricel Presilla, culinary historian, chef, and  
owner Cucharamama, Zafra, and Ultramarinos in Hoboken, N.J.

#### **Ingredients** (*Makes 4 quarts*)

½ pound Ecuadorian corn mote  
12 cups water  
1 pound white or brown loaf sugar (Columbian *panela* or Mexican *pilloncillo*, grated) or  
dark brown sugar  
2 cups water  
Peel of 1 orange  
4 whole cloves  
4 cinnamon sticks or 8 *ishpingos*  
4 orange leaves (optional)  
2 tablespoons rose buds or 1 teaspoon rose water  
1 ripe 5-pound pineapple, cut into ¼ -inch cubes (about 5 cups)  
2 cups *naranjilla* juice (sold frozen as *lulo* in Hispanic markets)  
1 cup passion fruit juice  
½ cup orange juice  
6-8 cups crushed ice  
Fresh rose petals (preferably organic Ecuadorian) or dried rose petals for garnish

#### **Instructions**

1. To cook the corn, place the corn mote in a 4-quart heavy bottomed pot and bring to a boil over high heat. Lower the heat to medium and simmer until the corn is tender, about 1 ½ -2 hours. Scoop out 1 ½ cups of the corn and ½ cup cooking liquid and place in a blender or food processor; process into a smooth puree. Pour the puree back into the pot with the rest of the cooked corn and its cooking liquid. Stir to mix well and set aside.
2. While the corn cooks, place the brown loaf sugar or brown sugar and 2 cups water in the small saucepan with the orange peel, cloves, cinnamon sticks, and orange leaves. Bring to a boil over high heat; lower the heat to medium low and simmer for about 25 minutes until lightly thickened and aromatic. Set aside.

3. Add the spiced syrup, pineapple cubes, and naranjilla, passion, and orange juices to the cooked corn and mix well. Pour into a decorative pitcher and stir in the crushed ice and rose petals. Mix well and serve chilled in 8-ounce rock glasses with a long spoon. Make sure to stir the fruits well before serving, as the corn has a tendency to sink to the bottom of the pitcher.