



Receta de/ recipe from:

Belize  
Belize



**INCAP**  
Instituto de Nutrición  
de Centro América y Panamá

## Hudut & sere

4-6 servings

### Sere Ingredients

2 units	medium-sized fish (3 lbs)
1/2 unit	onion, diced
2 plugs	garlic, minced
2 tablespoons	coconut oil or cooking oil
1 1/2 cups	coconut milk
1 1/2 cups	water
1 teaspoon	salt
1/2 teaspoon	black pepper (optional)
1 teaspoon	fresh basil
5 units	okras

### Utensils

- Medium bowl
- Pot
- Knife
- Cutting board

### Sere directions

1. Clean, gut, and season fish with salt and pepper; set aside.
2. Heat pot and add coconut oil, onions, and garlic along with desired seasoning. Sauté, then add
3. coconut milk and water.
4. Stir and add fish. Stir constantly to prevent curdling. Allow soup to boil until fish is cooked and soup thickens.
5. Add salt and pepper to taste.
6. Add okras just before turning off heat.

## HUDUT INGREDIENTS

2 units	green plantains
2 units	half-ripe plantains
8 cups	cups water
1/2 teaspoon	teaspoon salt
1/2 cup	sere (optional)

## Utensilios

Knife  
Cutting board  
Medium pot  
Crusher or fork

## Preparación Sere

1. Peel and cut plantains into three or four pieces.
2. Place green plantains to boil in 8 cups water. When halfway cooked, add half-ripe plantains. Remove when fully cooked.
3. Let cool slightly, then mash or beat until preferred consistency is reached.



### Hudut and Sere: Garifuna Soul in Every Bite

Hudut and Sere are part of Belize's Garifuna culinary tradition: soft mashed plantains served alongside a coconut fish stew whose aroma fills the entire home. In every spoonful, you can feel the rhythm of the Caribbean, the African heritage, and the strength of a community that has preserved its flavors for generations. Enjoying this dish feels like being embraced by tradition: warm, flavorful, and filled with that unmistakable Belizean flow that invites sharing and gratitude for life.

### When buying plantains and other ingredients at local markets

- You support your community
- You get fresh products
- You strengthen the local economy

### What to check

- Look for firm plantains without bruises
- Uniform yellow peel (or with a few spots, depending on the desired ripeness)
- Avoid very hard green peels or overly blackened ones

### Storage tips

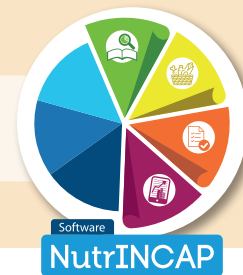
- Keep in a cool place, outside the refrigerator
- Separate them from the bunch to slow down ripening
- Once ripe: refrigerate to extend freshness

Information available in *Fruits of Identity: The Book of Fruits of Central America and the Dominican Republic*. **Request your copy here.**

# Nutritional information

*Estimated nutritional value per serving*

Calculations performed with NutrINCAP  
Request more information here.



Energy (Kcal)	Protein (g)	Calcium (mg)	Iron (mg)	Magnesium (mg)	Phosphorus (mg)	Zinc (mg)	Copper (mg)	Selenium (mcg)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B6 (mg)	Folates (mcg)	Vitamin B12 (mcg)	Vitamin A (mcg)	Total fat (g)	Saturated fat (g)	Monounsaturated fat (g)	Polyunsaturated fat (g): 0.9
402.74	31.64	87.36	2.57	89.57	368.32	0.87	0.13	55.23	29.36	0.25	0.16	1.69	0.87	40.39	4.22	132.77	8.98	0.78	0.92	1.81

Cholesterol (mg)	Available carbohydrates (g)	Total dietary fiber (g)	Ash (g)	Potassium (mg)	Sodium (mg)	Pantothenic acid (mg)	Folic acid (mcg)	Food folates (mcg)	Retinol (mcg)	Beta-carotene (mcg)	Vitamin E (mg)	Vitamin D (mcg)	Vitamin K (mcg)
52.1	53.54	4.23	5.12	1062.59	637.95	1.32	0	40.39	126.05	464.38	1.84	14.37	10.01