



Culantro

Culantro is native to Mexico, Central and South America, and the Caribbean. The leaves are elongated, with serrated edges. The flavor of Culantro is significantly more pungent than cilantro. Culantro leaves are more substantial and can stand up to cooking, perfect for stew and soup. Culantro is an essential ingredient in *recaíto* (often called sofrito), a Puerto Rican cooking base. Culantro is also known as *recao* in Puerto Rico and the Dominican Republic.