



MOFONGO

**APPETIZER FROM
PUERTO RICO**

COOKING WITH CULTURE: FESTIVAL FOODS FEAST PRESENTED BY BRENDA GOLDEROS & AAACE

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

Equipment: Mortar & Pestle

NOTES

To peel a plantain, cut both ends and make 2-3 scores on the skin lengthwise. With your fingers or carefully using a butter knife, peel the skin off the plantain. Once all the skin is removed, you are ready to cut the plantain in 1" slices (the width depends on how thin/crispy you want the end product; the thinner the slice, the crispier the result). Do this in advance if cooking with us on Nov 10th.

INGREDIENTS

8-10 pieces 1" sliced Green

Plantains, fried

1 tsp. Garlic, minced

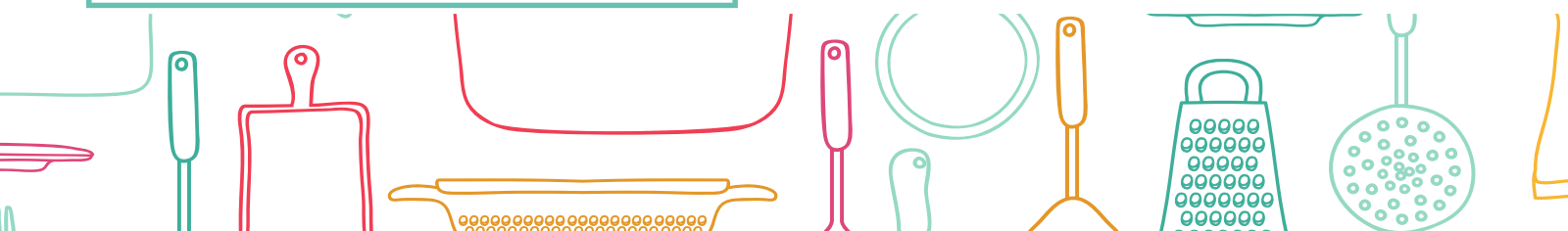
2 oz. Chicken Stock

1 tbsp. Butter or Oil

(Additional Oil for Frying)

Salt & Pepper to Taste

Chopped Cilantro For Garnish





2020
DIVERSITY
CELEBRATIONS
Employee Resource Groups



**COOKING WITH CULTURE:
FESTIVAL FOOD FEAST
MUFONGO WITH BRENDA GOLDEROS
PRESENTED BY AAACE**

Directions:

1. Deep fry the 1” slices of plantains until they are golden on the outside and tender on the inside (about 5-8 minutes). Don’t crowd the pan – do separate batches if necessary. Remove plantains from oil.
2. Add the fried plantains into a “Pilón” (a mortar and pestle) along with the garlic, stock, butter and seasoning.
3. Mash all the ingredients until smooth in texture and fully incorporated. (If the mofongo feels too tough, add more stock!)

If making stuffed mofongo, create a dome with a center “pocket” to add the protein of your choosing (ex. chicken, steak, pork, seafood, etc.). Top it with a garlic sauce or a “criolla” sauce (tomato sauce).

You could also make mofongo balls and serve them as sides.

¡Buen Provecho!

Recipe By Chef Daniela Sofía Rivera

Recipe from: <https://thespoonexperience.com/classic-mofongo-recipe/>

