

Tostones – Puerto Rico

3 green plantains

oil for frying
garlic powder
salt



Making tostones is easy..... Slice the peeled plantains diagonally into 1" slices. Fry the slices over medium heat until they soften. Remove from oil and drain on paper towels. Using a tostonera (a press), slightly mash each piece to about half an inch in thickness. If a tostonera is not available insert the pieces between a folded piece of brown-paper sack and press down using a saucer. It is best to press all the pieces first before going on the next step. Dip each piece in warm salted water and fry again until crispy. Remove from the oil and drain on paper towels. Salt them. Tostones may be served with ketchup (kid's favorite) or with garlic sauce.

MOFONGO – Puerto Rico



3 cups canola oil for frying
3 cloves garlic, or to taste
3 tablespoons olive oil

1/8 cup crushed fried pork skins or
crumbled bacon
2 green plantains, peeled and sliced into
1/2-inch rounds
salt to taste

DIRECTIONS:

- 1** Heat canola oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
 - . Mash the garlic with the olive oil in a mortar and pestle. Combine garlic mixture with the pork rinds in a large bowl; set aside.
- 2** Fry the plantain chunks until golden and crispy, but not brown, about 15 minutes.
 - . Transfer the fried plantains into the bowl with the garlic mixture. Toss to coat. Mash the coated plantains with the mortar and pestle until smooth. Season with salt. Roll the plantain mixture into two large balls or several small balls before serving.

Albóndigas - Puerto Rico

Makes about 15

1 lb. lean ground beef
1/3 cup fine dry bread crumbs
½ cup * **sofrito** - (buy at store or make recipe)
1 tsp. salt
½ tsp. black pepper
1 large egg, beaten
3 tbsp. hot water
½ bunch of cilantro finely diced
1 quart beef broth
1 tbsp. sofrito (for sauce)
8 oz tomato sauce
¼ cup olives
1 tsp. capers



Mix the first 8 ingredients together and form balls about 1½ inch in diameter. In a medium caldero, brown the albóndigas in a bit of oil.

In a medium bowl mix broth, 1 tbsp. sofrito, tomato sauce, olives, and capers, and stir well. Add this to the caldero with albóndigas. Let this simmer, covered, for about 25 minutes until done.

Serve, sprinkled with chopped cilantro, over rice, use leftovers for sandwiches.

* Sofrito Recipe

1 large yellow onion	1 pimiento (Cubanelle) or green bell pepper
1 red bell pepper	2 tbsp. minced garlic
1 bunch of cilantro	¼ cup Spanish olives pitted
1 tbsp capers	2 tsp salt
1 tbsp black pepper	1 tbsp crushed orégano
½ cup olive oil	

Wash, peel, seed and coarsely chop everything. Put in a blender and pureé. Store in a glass jar covered in the refrigerator for later use. Freeze it in ice-cube trays and dump the frozen cubes in a freezer bag. This will be fried in achiote oil or tocino as the first step in recipes. This recipe makes about 2 large ice-cube trays. Use about 3 cubes for rice or soup that will serve a family.

Habichuelas Guisadas - Puerto Rico

Quick recipe - rapiditas . . .

- 2 slices bacon, diced
- ½ cup ready made sofrito
- 3 - 15oz. cans beans (pink beans)
- 1 - 15oz can diced or sliced potatoes, drained
- 1 - 8 oz can tomatoe sauce
- ¼ cup sliced olives with pimentos
- 1 tbsp. capers
- 8 oz water, appx.



Cook diced bacon until done - don't drain. Add the sofrito and cook this for about 5 minutes over low heat. Add the rest of the ingredients, bring to a boil, lower heat and simmer for approximately 5-10 minutes or so. It should not be too thick. Of course you can make this same recipe using any type bean. Serve over rice. Yum!

Frijoles Negros y Arroz con Mango – Cuba

1/4 cup chorizo, crumbled
1/2 cup red pepper, chopped
1/2 cup onion, chopped
3 cloves garlic, minced
1 (15oz) can black beans, rinsed and drained
3/4 cup water
1 tsp dried oregano, crushed
salt to taste
1/4 tsp crushed red pepper
2 cups cooked white rice
1/2 cup chopped fresh mango



Cook 1st 3 ingredients in a large skillet over medium heat for 4 to 5 minutes, till sausage is browned. Add next five ingredients; bring to a boil. Reduce heat; cover and simmer for 10 minutes.

To serve, spoon bean mixture over rice in servings bowls, then top with fresh mango. If desired, garnish with fresh oregano. If chorizo is unavailable, use any other spicy sausage. Makes 4 servings.

Empanadas - Cuba

8 large biscuits (large refrigerated ones are good)
1/2 lb ground meat (can use beef, chicken or turkey)
1/2 cup tomato sauce
1/2 cup whole kernel corn
1 cup cheddar cheese, grated
1 tbsp sugar
1 egg, lightly beaten



Instructions:

1. Brown ground meat. Drain off any fat.
2. Add next four ingredients to meat.
3. Pat out biscuits 1/2" thick and put a large spoonful of meat mixture on each biscuit. Brush biscuit edges with egg, fold biscuit in half like you would a turnover, and crimp the edges sealed with a fork.
4. Bake at 375 degrees f for 15 minutes on cookie sheet.

Pan de Mango - Cuba

2 c all purpose flour
2 tsp ground cinnamon
2 tsp baking soda
1/2 tsp salt
1/2 c dried cherries, soaked in hot water for 10 min and drained
1 c sugar
2 eggs
2/3 c vegetable oil
1 tsp vanilla
2 1/2 c chopped firm-ripe mangoes (about 3 1/2 lbs)
1 tbsp lemon or lime juice



Preheat the oven to 350°. Grease two 7x3" loaf pans. In a medium bowl, combine the flour, cinnamon, baking soda and salt. Add the dried cherries and stir until evenly distributed. In another bowl, with a whisk or an electric mixer, beat together the sugar, eggs, and oil until fluffy and light colored, about 3 minutes.

Add the vanilla. Add the flour mixture to the sugar mixture and beat just until smooth. Do not overmix.

With a large spatula, fold in the mangoes and lemon juice. Scrape the batter into the prepared pans. Bake in the center of the oven for 35 to 40 minutes, or until the top is firm, the loaf pulls away from the sides of the pans, and a cake tester inserted into the center comes out clean.

Remove from the pans to a wire rack to cool completely. When cooled, wrap in plastic wrap and let stand at room temperature until ready to serve.

Arroz Moro - Cuba

1 can of black beans
2-3 cups of already cooked white rice
1/3 cup of sofrito casero (Blend onion, bell pepper, garlic and cilantro til puree)
Salt and pepper to taste
1/2 teaspoon cumin
1/2 teaspoon of oregano
a drizzle of apple cider vinegar
1 garlic clove finely chopped
1 cup of broth
1/2 can tomato sauce



In a pot, add olive oil and sautee garlic and sofrito for a minute. Add salt, pepper, cumin and oregano to sofrito and mix. Add beans and mix well. Add tomato sauce and beer or broth and mix. After 5 minutes, add apple cider vinegar and stir. Add 2-3 cups of already cooked white rice (at room temperature) and mix well. Cook until all is absorbed (about 10-15 minutes). Let sit for 10-15 minutes before serving.

Batatas Dominicanas– República Dominicana

2 teaspoons vegetable oil
1 cup finely chopped onion
1/4 cup thinly sliced green onion
3 medium sweet potatoes, peeled and
cut into 1-inch cubes
1 cup orange juice
1/4 cup lime juice
1/4 teaspoon dried thyme
1 dash salt and pepper



Heat oil in a large nonstick skillet over medium heat.
Add both types of onion. Cook, stirring frequently, 5 minutes.

Add sweet potatoes, mixing with the onions.

Combine remaining ingredients and add to skillet. Mix well. Cover skillet, reduce heat to medium-low, and cook 40 minutes or until sweet potatoes are tender. Stir occasionally. Uncover and continue to cook, stirring occasionally, 10 minutes.

Bizcocho Dominicano – República Dominicana

FILLING

1 (18 ounce) containers fresh pineapple rings,
drained and sliced into 1in pieces
3/4 cup water
1 cup sugar
1/2 teaspoon pure vanilla extract



CAKE

1 cup unsalted butter, softened
3 cups sugar
6 eggs, at room temp (see note below)
1 teaspoon pure vanilla extract
1/2 cup orange juice
1 tablespoon grated orange zest

3/4 teaspoon salt
3 cups sifted cake flour
1 cup heavy cream
powdered sugar, for dusting
pineapple rings (optional, for garnish) or
chopped pineapple (optional, for garnish)

FILLING:

Combine all the filling ingredients in a medium saucepan over high heat. Bring to a boil, then reduce heat to medium-low. Continue cooking, stirring frequently, until pineapple is tender and mixture becomes thick and jammy (this will take about 1 hour). Drain off any excess liquid and set mixture aside to cool to room temperature This part can be done up to 3 days ahead, just store filling in fridge until ready to use.

CAKE:

Spray a 9 or 10" Bundt pan with Baker's Joy (or any cooking spray with flour in it).

Cream butter and sugar in a large mixing bowl with an electric mixer for about 5 minutes, or until the mixture is pale and fluffy. Add the room temp eggs one at a time, mixing well after each addition. Beat in vanilla, orange juice and orange zest.

Reduce mixer speed to low. Add the salt and half the flour and mix well. Scrape the sides of the bowl, add the cream, and mix well again. Add the rest of the flour and mix well. Beat this mixture for 5 minutes on medium-high speed.

Spread 2/3 of the cake batter evenly in the prepared pan. Spoon the cooled pineapple filling on top of the batter, making sure that no fruit touches either the outer or inner edges of the pan (you want the filling to be totally enclosed within the cake and not visible from the outside once the cake is baked). Spread the remaining cake batter over the fruit layer, taking care not to disturb the ring of filling as much as possible.

Place pan on the middle rack of a cold oven, then turn oven on to 350 deg. F. Bake for about 1 hour, or until cake is golden brown and a tester comes out with only a few dry crumbs.

Cool cake in the pan for about 30 minutes. Gently loosen cake from sides of pan with a thin knife, then invert it onto a wire rack to cool. If any of the filling has sunk and fallen out of the top of the cake, arrange this over the top of the cake.

Allow cake to cool completely (approx. 2 hours). Dust with powdered sugar immediately before serving. Slice and serve with the chopped pineapple or pineapple rings, if desired.

Note about eggs: if you don't have time to wait for the eggs to come to room temp on their own, place them in a medium bowl and cover with very warm water. Allow them to sit in the water for about 5 to 10 minutes before using.

Chicharrones De Pollo – República Dominicana

Marinade

1/2 cup fresh lime juice (about 2 medium limes)
2 tablespoons soy sauce
1 tablespoon Worcestershire sauce
2 cloves garlic, minced

Chicken

1 1/4 lbs boneless chicken breasts, strips
1 cup flour
1 teaspoon sweet paprika
3/4 teaspoon black pepper
1/2 teaspoon salt (or to taste)
vegetable oil, about 1 to 1/2 cups (for frying)



Combine marinade ingredients in a plastic zipper bag. Add chicken strips and marinate in refrigerator for at least 3 hours.

Combine flour, paprika, pepper and salt in another zipper bag. Transfer chicken strips to flour mixture, coating evenly.

Heat oil over medium-high heat and fry chicken in batches of 4 strips (don't overcrowd; oil will cool down too much during cooking), taking about 4 minutes per side to brown outside and thoroughly cook insides.

When done, transfer chicken strips to a plate lined with paper towels, and lightly sprinkle with salt. Cook remaining batches of strips.

Budin (Puerto Rican Bread Pudding)

1 cup water
2 (3 inch) cinnamon sticks
15 whole cloves
1 teaspoon anise seed
2 tablespoons water
1/2 cup white sugar
1 (1 pound) loaf day-old bread
4 cups evaporated milk
4 eggs
1 1/2 cups white sugar
1 teaspoon vanilla extract
3/4 teaspoon salt
1/4 cup butter, melted



Bring 1 cup of water to a boil in a small saucepan over high heat. Add the cinnamon sticks, cloves, and anise seeds. Cover, and set aside to steep for 15 minutes.

Meanwhile, combine 2 tablespoons water with 1/2 cup sugar in a saucepan over medium-high heat. Stir occasionally to dissolve the sugar completely, but stop stirring once the mixture comes to a boil. Stay near the stove to monitor the color, swirling the pan gently to redistribute the caramel as the sugar begins to darken. Cook to about 310 degrees F (160 degrees C), or until the sugar turns light golden brown, then pour into a 9x5 inch loaf pan. Set aside to allow the caramel to harden.

Preheat an oven to 350 degrees F (175 degrees C).

Remove the crusts from the day-old bread, tear the bread into cubes, and place into a large mixing bowl. Strain the spice tea through a fine mesh sieve to remove the spices. Add to the bread along with the evaporated milk. Stir to evenly moisten, and set aside for 10 minutes. Whisk the eggs in a large mixing bowl along with 1 1/2 cups of sugar, the vanilla extract, salt, and melted butter. Stir in the moistened bread mixture until evenly mixed. Pour into the loaf pan over the caramel.

Line a roasting pan with a damp kitchen towel. Place the loaf pan on the towel, inside roasting pan, and place roasting pan on oven rack. Fill roasting pan with boiling water to reach halfway up the sides of the loaf pan.

Bake in the preheated oven until a toothpick inserted into the center comes out clean, about 1 hour and 15 minutes. Cool in the pan for about an hour, then refrigerate until cold, 2 hours more. When ready, invert the budin onto a serving plate. The caramel will have turned to a syrup and will cover the budin like a sauce.

Asopao de Pollo-Puerto Rico

- 2 pounds boneless, skinless chicken thighs
- 1/2 teaspoon ground black pepper
- 1 serving light adobo seasoning(such as Goya)
- 3 tablespoons olive oil
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 1/2 cups medium-grain rice
- 2 (14.5 ounce) cans diced tomatoes
- 6 cups low-sodium chicken broth
- 1 bay leaf
- 1/4 teaspoon red pepper flakes, or to taste
- 1 cup frozen petite peas, thawed
- 1 cup sliced pimento-stuffed green olives



Season chicken thighs with black pepper and adobo seasoning.

Heat olive oil in a large pot over medium-high heat. Cook and stir green pepper, red pepper, onion, garlic, and tomato paste in the hot oil, until the vegetables have softened slightly, 3 to 4 minutes. Remove vegetables from the pot and set aside.

Pan fry chicken in the pot until browned, 4 to 5 minutes on each side. Return cooked vegetables to the pot along with rice, diced tomatoes, chicken broth, bay leaf, and red pepper flakes. Bring to a boil, then reduce heat to medium-low and simmer until rice is tender and chicken is no longer pink inside, about 20 minutes.

Stir in peas and olives and cook for another 5 minutes. Remove from heat and discard bay leaf. Stir in cilantro and serve.

Yuca al estilo Cubano

2 pounds yucca, peeled and sliced lengthwise
1/2 teaspoon salt
1/4 cup olive oil
1/2 onion, diced
4 cloves garlic, minced
1/2 teaspoon fresh lemon juice

Place the yucca into a pan and fill with enough water to cover. Stir in salt. Bring to a boil over medium-high heat, cover, and cook until tender, about 15 minutes. Drain, and place yucca on a serving plate.

Meanwhile, place the olive oil, onion, garlic, and lemon juice into a pan. Cook over medium heat about 5 minutes. Pour the hot olive oil mixture over the yucca, and serve immediately.

Ropa Vieja- Cuba

- 1 tablespoon vegetable oil
- 2 pounds beef flank steak
- 1 cup beef broth
- 1 (8 ounce) can tomato sauce
- 1 small onion, sliced
- 1 green bell pepper, seeded and sliced into strips
- 2 cloves garlic, chopped
- 1 (6 ounce) can tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chopped fresh cilantro
- 1 tablespoon olive oil



Heat vegetable oil in a large skillet over medium-high heat. Brown the flank steak on each side, about 4 minutes per side.

Transfer beef to a slow cooker. Pour in the beef broth and tomato sauce, then add the onion, bell pepper, garlic, tomato paste, cumin, cilantro, olive oil and vinegar. Stir until well blended. Cover, and cook on High for 4 hours, or on Low for up to 10 hours. When ready to serve, shred meat and serve with tortillas or rice.

Picadillo Cubano

- 1 tablespoon olive oil
- 1 clove garlic, minced, or more to taste
- 1 small onion, chopped
- 1/2 green bell pepper, chopped
- 1 pound lean ground beef
- 6 large pitted green olives, quartered
- 1/2 cup raisins
- 1 tablespoon capers (optional)
- 1 (8 ounce) can tomato sauce
- 2 (1.41 ounce) packages sazón seasoning (such as Goya)
- 1 tablespoon ground cumin
- 1 teaspoon white sugar
- salt to taste



Heat olive oil in a skillet over medium heat; cook and stir garlic, onion, and green bell pepper in the hot oil until softened, 5 to 7 minutes.

Crumble ground beef into the skillet; cook and stir until browned completely, 7 to 10 minutes.

Stir olives, raisins, capers, tomato sauce, sazón seasoning, cumin, sugar, and salt through the ground beef mixture.

Cover the skillet, reduce heat to low, and cook until the mixture is heated through, 5 to 10 minutes.

Pan de Agua- Cuba

1 teaspoon active dry yeast
1 cup warm water (110 degrees F/45 degrees C)
1-1/2 teaspoons white sugar
1-1/2 teaspoons salt
4 cups all-purpose flour
1-1/2 teaspoons cornmeal
1-1/2 teaspoons sesame seeds (optional)
1 tablespoon cold water



In a large bowl dissolve the yeast in the warm water or potato water. Add sugar and salt and mix well. Stir in 3.5 cups of the flour.

On a well-floured surface, knead dough for 7 minutes, incorporating in the last 1/2 cup of flour. Place dough in a greased bowl. Let rise until doubled.

Using a lightly floured board, form dough into 1 long or round loaf. Sprinkle cornmeal on greased baking sheet; place loaf on top. Slash top with a sharp knife. Cover, and let rise until almost doubled.

Brush top of loaves with cold water. Sprinkle with sesame seeds, if desired. Place in a cold oven.

Turn oven to 400 degrees F (200 degrees C). Bake for 30-40 minutes, or until nicely browned. Brush twice during baking time with cold water.

Sándwich de la Medianoche

8 sweet bread rolls (or 1- 2 french baguettes)
1 cup mayonnaise
1/2 cup prepared mustard
2 pounds thinly sliced cooked ham
2 pounds thinly sliced fully cooked pork
2 pounds sliced Swiss cheese
2 cups dill pickle slices
1/4 cup butter, melted



Split the sandwich rolls in half, and spread mustard and mayonnaise liberally onto the cut sides. On each sandwich, place an equal amount of Swiss cheese, ham and pork in exactly that order. Place a few pickles onto each one, and put the top of the roll onto the sandwich. Brush the tops with melted butter.

Press each sandwich in a sandwich press heated to medium-high heat. If a sandwich press is not available, use a large skillet over medium-high heat, and press the sandwiches down using a sturdy plate or skillet. Some indoor grills may be good for this also. Cook for 5 to 8 minutes, keeping sandwiches pressed. If using a skillet, you may want to flip them once for even browning. Slice diagonally and serve hot.