



unity 

Celebrating Food, Art & Culture

Chef Spotlight
Celebrating Foods of the World



PUERTO RICAN MOFONGO WITH GARLIC SAUCE

Ingredients

For the garlic sauce (6 servings)

- 2 tablespoons Spanish olive oil
- 1 pound beef bones, any type
- 1 tablespoon fresh garlic, mashed
- 1 red onion, halved
- 1 sprig fresh cilantro
- 1 sprig recajo/culantro
- 1/4 teaspoon oregano, dry, ground
- 4 cups water
- Salt to taste

For the mofongo (6 servings)

- 1 cup vegetable oil
- 5 plantains, green, unripe, peeled, cut into 3/4-inch slices
- 4 garlic cloves, mashed
- Salt to taste

Directions

For the garlic sauce

In a large saucepan, heat the olive oil over medium heat. Brown the beef bones, but don't burn them. Add the garlic and onion and stir.

Pour 4 cups of water into the same saucepan, and then add the cilantro, recajo/culantro and oregano. Boil for 1 hour over low heat, adding water to maintain the same level.

Season with the salt to taste. Sieve and remove the solids.

For the mofongo

Heat the oil in a small saucepot or saucepan over medium heat and fry the plantain slices until golden brown all over, 3 to 5 minutes. Remove from the oil and place on a paper towel.

Use a pilon (mortar and pestle) to crush the garlic and salt, add the plantains and mash to combine all ingredients. Make 1 to 2 servings at a time.

Shape the mixture into 6 balls and place in a small bowl. Garnish with the garlic sauce. This will moisten the mofongo balls. Serve.

Side dishes

Fried Egg
Queso Blanco Frito