

Dominican Mangu

The Dominican Republic's beloved plantain mash

PREP 10 MIN • COOK 25 MIN • SERVES 4

INGREDIENTS

Ingredients

- 4 green plantains, peeled and halved
- 1 tsp salt
- 3 tbsp butter
- 1 cup reserved plantain cooking water
- 1 large red onion, thinly sliced
- 3 tbsp white vinegar
- Pinch of salt for the onions
- 1 tbsp neutral oil
- Optional: fried white cheese, Dominican salami, fried eggs

METHOD

- 1.** Pickle the onions - Toss sliced red onion with vinegar and a pinch of salt. Set aside while you cook - or saute briefly in oil for the warm version.
- 2.** Boil the plantains - Simmer plantains in salted water for 20-25 minutes until completely tender. Reserve a cup of the water.
- 3.** Mash hot - Drain and immediately mash with butter, adding splashes of reserved water until silky and spreadable.
- 4.** Top and serve - Pile the pickled onions on top. Serve with fried cheese, salami and eggs for Los Tres Golpes.

Tip • Mash the plantains the moment they leave the pot - they stiffen fast as they cool.