

Mofongo

Puerto Rican garlic plantain mash - serves 4

Serves 4 • Prep 20 min • Cook 25 min • Puerto Rico

INGREDIENTS

The mofongo

- 4 large green plantains (very green, very firm)
- Vegetable oil for frying
- 4 garlic cloves, mashed to a paste with 1/2 tsp salt
- 1 cup chicharron (crispy pork rinds), roughly crushed
- 3 tbsp olive oil or melted butter
- Chicken broth as needed, a few tablespoons

The garlic shrimp (camarones al ajillo)

- 1 lb large shrimp, peeled
- 5 garlic cloves, sliced
- 2 tbsp olive oil + 2 tbsp butter
- 1/2 cup tomato sauce
- 1/4 cup chicken broth
- 1 tsp paprika, salt, black pepper
- Chopped parsley and lime, to serve

METHOD

1. Peel the plantains (score the skin lengthwise, then pry it off) and cut into 1-inch coins. Soak in salted water 10 minutes, then pat completely dry.
2. Fry the plantain coins in 350 F oil for 6-8 minutes until golden and cooked through but not hard - they should crush easily. Drain.
3. While they fry, make the shrimp: saute the garlic in oil and butter until fragrant, add paprika, tomato sauce, and broth, simmer 3 minutes, then cook the shrimp 2-3 minutes until pink. Season.
4. Work fast while everything is hot: in a pilon (or sturdy bowl with a pestle), mash a quarter of the plantains with a quarter of the garlic paste, chicharron, and a drizzle of olive oil. Add broth by the spoonful if dry - the mash should hold together, moist but not wet.
5. Press the mash into a small bowl to shape, then unmold the dome onto a plate. Repeat for each serving.
6. Crown each mofongo with garlic shrimp and plenty of sauce, parsley, and lime. Serve immediately - mofongo firms as it cools.

Tip • The plantains must be truly green - any yellow and the mash turns sweet and gluey. And do not over-fry: golden and tender crushes into fluffy mofongo; dark and crisp turns to gravel.