

Una Noche Cubana

Fufú -- Mashed Plantains with Garlic and Pork

Yield: 4 servings

This is my adaptation of a recipe from "Three Guys From Miami"

INGREDIENTS:

3 large medium-ripe plantains
3 cloves garlic, mashed
1/4 cup green onions*
1 fresh poblano chili, seeded and diced (my addition)
4 cups chicken stock
juice of one lemon
salt and pepper to taste
Japanese Togarashi powder to taste (my addition)
3/4 pound pork meat with fat (I use pork shoulder)

1. Cut the ends off the plantains and discard. Slice each plantain into two-inch chunks and score the skin with a knife along one edge. DO NOT PEEL. In a large pot, add the plantains to the chicken stock. Bring to a boil, then lower heat, cover and simmer until tender.
2. For meat, you need pork with plenty of fat -- either well marbled or with a fat layer or both.
3. Whichever meat you use, you need to slice it into small pieces -- approximately one inch square. Salt with a shaker and place in a large sauce pan. Add water to just barely cover. Bring to a boil and simmer, uncovered until all of the water has boiled away. Fry the pork pieces in the rendered fat just until brown and crispy. Add salt, pepper and togarashi to taste.
4. Remove the meat. Sauté the garlic, poblano and onion in the rendered fat at medium temperature, three to five minutes. During the last minute add ½ the lemon juice.

Remove the fully cooked plantains from the broth (do not discard the broth) and peel. Mash the plantains with a little of the broth -- just enough to make a soft, thick paste -- like mashed potatoes.

Mash together with the garlic, poblano and onions and other ½ of lemon. Top with the fried pork. Salt and pepper to taste.

Serve hot.

*I like to buy the larger bulbed green onions that you find at international markets and grill them once I've chopped off the green parts for the recipe. For the class, we just tossed them in olive oil and added salt, pepper and lime juice and popped them in the broiler.

Enjoy!