

2025 UConn Dining Culinary Olympics Winning Recipe

Plantain Trio

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Mofongo con chicharrón

Ingredients:

1 lbs pork shoulder picnic roast with cap (cubed)

Oil for frying

1 box Sazon

2 TB granulated garlic powder

2 TB granulated onion powder

4 limes

3 green plantains

4 cups water (put cut plantains in water)

1 Tb garlic clove (chopped)

adobo

1 lb butter (melted)

1 bunch of cilantro (fresh)

Instructions:

Cube the pork, pat it dry, put it in a bowl, and set it aside.

Prep plantains by peeling and slicing them into 1-inch rounds, then fry them until golden brown, turning them in the oil so they cook evenly. Drain them on a paper towel.

In a large bowl, add ½ the melted butter, chopped garlic, adobo, ½ the onion & garlic powder, and plantains. Smash together well to get a smooth but chunky consistency that will form into a mounded shape. Use a small side dish/bowl to form a shape. Set aside, keep warm, fry cubed pork until crispy. Drain and put in a bowl; combine with fresh-squeezed lime juice, the rest of the onion & garlic powder, sprinkle adobo, and 1 packet of sazón. Toss and put on top of the formed plantains. Now you have the mofongo, add the remaining ½ cup of the melted butter sauce to the top of the pork, garnish with chopped cilantro.

Puerto Rican Ceviche Tostone cups

Ingredients:

1 orange
4 limes
1.5 lbs. mahi mahi (cubed)
1.5 lbs. raw shrimp (peeled & deveined)
1.5 lbs. bay scallops 60/80
2 tomatoes (small dice)
2 avocados (diced)
cilantro (chopped)
1 jalapeno (chopped the whole jalapeno)
1 Cucumber (peeled, hollowed, and diced)
salt
black pepper
6 green plantains
1 gallon of oil to fry
Water for green plantains

Instruction:

Juice lime and orange. Mix all ingredients from mahi through black pepper together in a larger bowl, and let marinate for 1 to 2 hours. The acidity will cook the raw seafood.

Prep Green plantains by cutting off the ends and making three slices through the skin on each side. Peel off the exterior (throw away). Cut the plantain into 2-inch round chunks, 6 per plantain. Place in a bowl of cold water, set aside

Deep-fry plantain chunks until golden brown. Put plantains on a flat surface. Use the flat bottom of a cup or a mallet to flatten them out. Once all plantains are flattened, return them to the fryer for 1 minute, or until golden brown. Then take them out, put them in a bowl, sprinkle with salt, and toss. Add ceviche to the top of the plantains (tostones). Garnish with leftover cilantro leaf and serve.

To make cups, use a muffin pan, press plantains into the bottom to mold, or use the bottom of a wood mortar pestle.

Pastelon (Puerto Rican plantain lasagna)

Ingredients for sofrito

2 green peppers
2 yellow onions
8 cloves of garlic
1 bunch Cilantro
1 Roma tomato

Ingredients for filling

2lbs ground beef
1 box Sazon
1 6-oz can tomato paste
1 cup water
1 Red pepper
10 pimento-stuffed green olives (chopped)
(Save olive juice for beef)
4 lbs. cheddar cheese (for layering)
6 ripe plantains
4 eggs (beaten), last thing, pour over the lasagna

Instructions:

1. Make sofrito: Deseed and cube green pepper. Cube onion & tomato. In a food processor, add peppers, onions, tomatoes, cilantro, and garlic. Puree for 30 seconds.

2. Prepare beef filling: Brown ground beef, then strain excess fat. Add sofrito to the beef and sauté. Add sazón through green olives, let simmer for ten minutes.

3. Prep plantains: Peel plantains and slice 1 inch thick lengthwise. Fry plantains in batches until golden brown. Put on a paper towel-lined plate to drain oil. Preheat the oven to 350 degrees.

Spray pans with non-stick cooking spray. Place a layer of plantain on the bottom of the pan. Layer beef mix and layer cheese. Repeat layers. Add the beaten egg over the lasagna, then add a generous amount of cheese on top.

Bake for 20 minutes or until the internal temperature is 165. Let cool for ten minutes so everything settles before slicing.

PLATE-1 small slice pastelon, 1 mofongo, 1 cup ceviche with plantain chips