



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

### Hero Vegetable: Plantains

### Sweet Mofongo with Bacon Rum Raisin Sauce (mashed sweet plantains)

#### Ingredients:

8 very ripe plantains  
3 cups vegetable oil  
½ cup raisins  
1 ½ cup diced fruit such as mango, pineapple, or apples  
4-6 strips bacon, cooked and roughly chopped  
½ cup butter  
½ cup light brown sugar ¼ cup Jamaican rum or 1 tsp rum extract

#### Directions:

Start with a batch of maduros for the Fufu: Choose a pot or deep pan so that the oil sits 1-2 inches deep. Heat the oil over medium high heat. To tell if the plantains are ripe enough to use, the skin of the plantain should be yellow turning black, somewhat soft with some firmness, not overly mushy so you can handle them with ease. Peel the plantains and slice diagonally into four pieces each.

Fry the plantains in small batches in the hot oil. (If you're using a deep fryer, carefully give the plantains a stir with a pair of tongs so they don't stick together. Fry about 2 minutes on each side so they caramelize to a bright golden brown with caramelized edges. If the plantains are browning too quickly lower the heat slightly and wait a minute for the oil to cool down before frying the next batch. If you prefer the more well-done version of maduros, you'll want to let them brown another couple minutes. Set the maduros on paper towels to drain and cool slightly.

In a shallow wide rimmed pan melt the butter over low-medium heat. Stir in the fruit, rum or rum extract, and raisins. Let simmer for a couple minutes so the fruit begins to release some of its juice and the raisins plum up. Stir in the brown sugar. Continue lightly stirring until the sugar has dissolved. Let cook for another 5 minutes.

In a mixing bowl, mash the warm sweet plantains to make a mofongo. Take a small bowl or ramekin and stuff it with a quarter of the mofongo. Turn it upside down over a plate. Give it a few solid taps with the back of a spoon to release. Top with rum raisin sauce, and sprinkle with chopped bacon.

\*In Puerto Rico and Caribbean islands, Mofongo is very popular. Savory buttery mashed green plantains are served with a variety of items like chicken, shrimp, or pork rinds mixed in. The dish originated in Africa where it is called Fufu. This is my dessert version of Fufu or Mofongo. Try it with scoop of coconut ice cream.