

RECIPÉ | Platanos Machos Capeados

by chef Alfonso Rodriguez

Ingredients for plantain

- 2 ea ripe plantains
- 6 slices cheddar or American cheese
- 4 ea eggs with whites and yolks separated
- Flour for dusting

Ingredients for sauce

- 4 ea tomatoes rough chop
- 1 ea onion rough chop
- 2 ea large garlic cloves
- 32 oz. chicken stock or vegetable stock
- 1 ea julienne onion
- 1 ea julienne red bell pepper
- 1 ea julienne green bell pepper
- Salt and pepper to taste
- Flour for dusting



Instructions for sauce

1. Blend rough chopped tomatoes, rough chopped onion, garlic cloves, and stock until smooth
2. Bring liquid to a simmer.
3. While liquid is simmering lightly sauté julienne onion and bell peppers
4. Lightly dust the sautéed onion and peppers with flour
5. Add simmering liquid to flour dusted onion and peppers
6. Bring sauce to a simmer
7. Season to taste and reserve for service

Instructions for plantains

1. Peel plantains and cut each into 3 equal segments
2. Slice plantain pieces the long way just enough to stuff 1 slice of cheese inside
3. Stuff 1 slice of cheese inside each plantain segment
4. Lightly dust the stuffed plantains with flour and set aside
5. In a mixer whip 4 egg whites until light and frothy
6. Once egg whites have reached desired consistency stir in egg yolks
7. Dip the flour dusted stuffed plantains in the egg mixture and pan fry until golden brown all around

To Serve: spoon sauce over the fried plantain and enjoy!

