

Puerto Rican Mofongo Recipe 1-serving

Ingredients:

- 2 green plantains (unripe). Peeled and cut into 1-inch slices
- I used avocado oil for frying (about 2 cups) but you can use any oil of your choice.
- 1-2 cloves garlic crushed
- ½ cups chicharrón (crispy pork rinds) minced
- Salt to taste
- 1-2 tbsp. Chicken stock or broth (for moistening and flavor).
- 1-2 tbsp. Butter (The more butter you use the softer the mofongo will be).



Recipe: Puerto Rican Mofongo

INSTRUCTIONS:

1. Fry the Plantains
2. Heat oil in a deep skillet over medium heat. Fry the plantain slices until golden and tender about 3-5 minutes per side.
- 3.
4. Preparation of mofongo
5. In a large mortar and pestle (pilón), crush the garlic until it forms a smooth paste. Add the minced pork rinds, 2 tbsp of Butter, 1-2 tbsp Chicken stock or broth and the fried plantains in batches when still hot mashing them all Ingredients together. Continue mashing and mixing until well combined and the mixture forms a dense moldable consistency. If the mixture is too dry add more butter.
- 6.
7. Shape the Mofongo
8. Form the mashed mixture into balls or half-dome shapes. Serve immediately.
- 9.
10. Serving Suggestions
11. Mofongo is traditionally served with a side of broth or sauce poured over it and pairs beautifully with stewed meats, fried pork, shrimp, or chicken.

Puerto Rican food is more than just a way to satisfy your hunger —it's a celebration of history, community and bold flavors.