

**Boston University
Presents**



Cuba

Chef Dwayne Minier

The evolution of Cuban food involved many cultures--notably descendants of Spanish colonizers, African slaves, and Chinese laborers. The Spanish brought with them their beloved bacalao, or salt cod. African slaves brought a knowledge of tropical produce with them, making possible dishes such as tostones (twice-fried plantains) and yuca con mojo (yuca with spicy garlic sauce), and rice came from the Chinese, a staple in the Cuban diet. For Americans who are curious about Cuba, until travel restrictions loosen up, a trip to Miami might be your best bet for sampling this diverse and delicious cuisine.



Empanadas, Cuban style

- 1 package empanada wrappers
- 1/2 lb ground meat (can use beef, chicken or turkey)
- 1/2 cup tomato sauce
- 1/2 cup whole kernel corn
- 1 cup cheddar cheese, grated
- 2 minced garlic cloves
- 1 tsp. sofrito
- 1 tbsp sugar
- 1 egg, lightly beaten

1. Brown ground meat. Drain off any fat.
2. Add next six ingredients to meat.
3. Put a large spoonful of meat mixture on middle of each wrapper. Brush edges with egg, fold in half like you would a turnover, and crimp the edges sealed with a fork.
4. Bake at 375 degrees for 15 minutes on cookie sheet until golden brown.

Pollo Con Quimbobó y Platanos (Chicken with Okra and Plantains)

1 cup of chopped okra, fresh or defrosted
2 lbs boneless skinless chicken thighs
2 tbsp of adobe seasoning or a mixture of the following:
salt, black pepper, paprika, cumin, coriander

vegetable oil
1 large onion chopped
4 cloves of garlic minced
1 green bell pepper, chopped
1 ½ cups of water
2 medium ripe plantains
2 medium tomatoes coarsely chopped
2 tbsp of lime juice

Season chicken with adobe or the alternative. In a heavy cast iron skillet brown the chicken thighs in hot oil on all sides. Remove the chicken to a plate. In the remaining oil, stir fry the onion, garlic and bell pepper for about 2 or 3 minutes.

Cut the okra in 1 inch size pieces. Cut away the tips and caps if desired. Peel the plantain and cut into 1 inch pieces.

Place the chicken in a deep stewing pot. Add the water and all the other ingredients. Cover and simmer until the chicken is very tender, about 15 minutes

Serve with white rice.

Cuban Plantains

3 sheets puff pastry
4 tablespoons flour
6 fresh plantains ('Machos' can be used), cut into 3 to 4-inch lengths
Marinade (let plantains marinate for 1 hour):

1/4 cup light rum (optional)
2 tablespoons Mango juice
1 tablespoon orange juice
1 teaspoon lemon juice
1 tablespoon grated ginger
1 dash cinnamon
1 dash nutmeg
2 eggs, beaten
1 tablespoon cornstarch or potato starch
1 cup water

Roll puff pastry out with flour, thinly. Cut into 3 to 4-inch lengths - the same size as the plantains. Spray nonstick cooking spray onto a cookie sheet. Place rolled-out puff pastry onto sheet. Place marinated plantains in center of each puff slice. Roll up. Prepare egg wash (2 eggs beaten), using a pastry brush paint egg wash on all sides of pastry. Bake for 20 minutes at 400 degrees.

Sauce for Dominican Plantains: Drain and strain marinade, add thickening (1 tablespoon cornstarch to 1 cup water, mix well). Bring all liquid to a boil for 3 to 5 minutes. Drizzle on plate, place baked plantains (2 to a plate) and drizzle sauce on top