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.

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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

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.