

Dinner and A Book

Episode 608

Menu:

Cucumber and Tomato Salad
Tortillas
Guacamole and Salsa
Relenitos de Platano (Plantains filled with Black Beans)

Recipes:

Cucumber and Tomato salad

2-3 servings
1 sliced cucumber
2 sliced tomatoes
1 small sliced onion
2 T. lemon juice
1 T. olive oil salt and pepper

Tortillas

Tortillas in Guatemala are always made of corn and accompany most meals.
Makes 12 tortillas

2 cups masa harina
1 1/3 cups warm water

Mix the corn masa harina and the water well with a fork or your fingers to form a smooth dough. Let it rest a few minutes and form golf ball sized balls. Pat each ball into a flat, round tortillas by hand or use a tortilla press. You can form them thick and small in diameter or thinner and larger in diameter depending on your skill or personal taste. Cook each tortilla on a hot non-stick iron griddle or skillet, turning to cook both sides. Place cooked tortillas in a cloth-lined basket to keep them warm.

Guacamole:

1 large very ripe avocado
1/2 t. lemon or lime juice
1 t. finely chopped onion
1/2 t. ground oregano
1/4 t. salt

Mix all ingredients until smooth.

Salsa:

1 lb. tomatoes

1/3 c. tomatillo, remove husks
1 small onion
1 t. salt
2 T. vegetable oil

Combine whole tomatoes, tomatillos, onion and salt and cook in 2 cups of water, strain. Liquefy in a blender. Heat oil, fry sauce allowing it to thicken for 10-15 minutes. Cool before spreading on tostadas.

Rellenitos de Platano --Plantains filled with Black Beans

Makes 10 Rellenitos
3 large or 4 small ripe plantains
4 T. sugar
1/2 t. ground cinnamon
14 c. vegetable oil
1 c. very well cooked black beans

Cut the unpeeled plantains into 2 inch pieces, place in a saucepan with 2 cups of water and 2 T. of sugar and boil until cooked and tender about 15 minutes. Strain, allow to cool enough to handle and peel and mash them with the ground cinnamon in a food mill, food processor or with fork. Grind the black beans through a food mill or in a food processor to make a paste. Fry the beans in a T. of hot oil, until thickened, add a T. and a half of sugar and cook until the sugar is dissolved. Remove from heat. Form scant 1/4 c. of the mashed plantain into palm sized round cakes 1/4 inch thick and between 3 1/2 to 4 inches across and place 2 T. of the black bean paste in the middle. Close the plantain around the beans to seal paste in the middle. Close the plantain around the beans to seal to make elongated egg-shaped rellenos. Heat the remaining 3 T. of oil in a fry pan and fry the rellenos until all sides are golden. Drain on paper toweling. Sprinkle with sugar and serve warm. Serve with your favorite fruit juice.