

Dad's Monfongo Recipe

Dad had a restaurant called, "El Coqui" in Puerto Rico. Before he passed, he taught me how to make one of my favorite Puerto Rican dishes called, "Monfongo". This is his recipe. ~Lenny



Ingredients

- Canola oil for frying
- 4 cloves garlic, or to taste
- Olive Oil
- Two packages of bacon
- Two green plantains (per serving). The plantains **MUST** be green, not yellow.
- Garlic salt

Directions

- Crush the garlic cloves and mix with olive oil inside of a mortar (pilon). This is so the monfongo doesn't come out tasting like wood. Let it soak while you prep the other ingredients.
- Fry the bacon and let it dry for 10 minutes. Then cut into small pieces about 1/4" each.
- Peel and slice the plantains into 1/2 inch rounds.
- Fry the plantain chunks in corn oil until golden and crispy, **but not brown**.
- Each time you make one serving, make sure the mortar is soaked in olive oil and garlic.
- Transfer the fried plantains into the bowl with the garlic mixture. Add bacon and garlic. Toss garlic salt to coat. Mash the coated plantains with the mortar and pestle until smooth. Season with garlic salt. (Yes, more garlic.) Be sure to taste periodically to make sure that there is enough garlic in the mixture.
- Mash until half the mortar is filled. Take a spoon and move the edges away from the mortar. Turn the mortar upside down and bang it on the counter until the monfongo falls out. Serve in a bowl.

Separately (and optional):

Sautee shrimp in garlic and butter. Add to the monfongo bowl.

OR (and this is the way it is eaten traditionally)

Heat some chicken broth and pour over the monfongo (in a bowl).