

What's cooking?

Plátanos are a favorite comfort food for many people, especially in the Dominican Republic. What are your favorite foods? Draw them below!





Feeling hungry?

Make this special plátanos recipe with an adult—it tastes better when you make it together!

MANGU DE PLÁTANO (Mashed Plantains)

Ingredients

- half of a red onion
- salt
- water
- apple cider vinegar (optional)
- two plátanos
- olive oil or butter

Step One: Prepare the onion

- SLICE half of a red onion.
- COMBINE with vinegar and salt in a small bowl and set aside.

Step Two: Cook the plátanos

- CUT the plátanos on both ends and lengthwise.
- PEEL the skin off the plátanos.
- CHOP the plátanos in 4–6 pieces.
- FILL a pot with enough water to cover the plátanos.
- ADD salt to the water—enough so the water tastes like the sea.
- PUT the plátanos in the water.
- BOIL the water.
- REMOVE the plátanos when they are tender and put them in a bowl.
- MASH them with a fork until smooth.
- ADD a few tablespoons of the boiled water and some olive oil or butter and mash some more.

Note: The trick to keeping the plátanos soft and creamy is to add a small amount of ice-cold water and mash and mix, mash and mix.

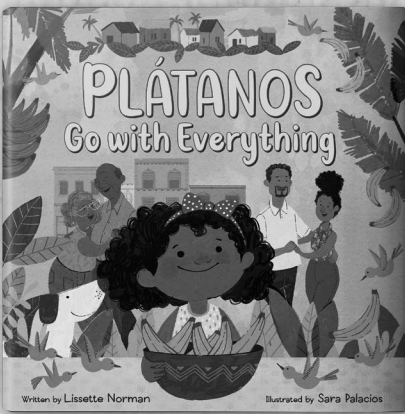
Step Three: Cook the onion slices

- HEAT a little olive oil in a pan over low heat.
- ADD the onion slices and a splash of the vinegar and salt from the bowl.
- STIR and sauté for a few minutes until the onions become almost translucent.

Step Four: Serve the mangu

- PLATE the mangu.
- GARNISH with the onions.
- EAT by itself or with fried eggs and fried Dominican salami and cheese.





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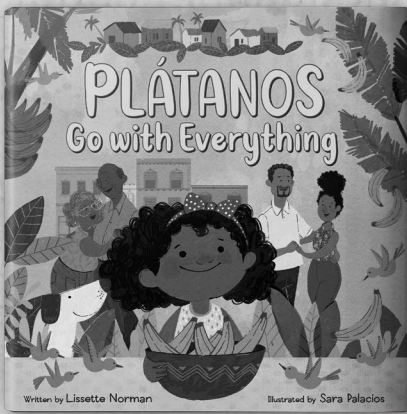
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HARPER
KIDS

READ
IN FULL
COLOR





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