

Everyday Dominican Dishes

White Rice (feeds about 5 people)

Ingredients:

- 5 tablespoons of Mazola corn oil
- 1 ½ teaspoon of salt (taste in order to determine how salty you want it)
- 2 cups water
- 2 cups of rice (Carolina)

Instructions:

- Heat up the oil over medium heat and all the salt in an aluminum pot.
- Add the water.
- Rinse the rice in running water to clean, drain well.
- Bring to a boil and then add the rice, stirring regularly to avoid the rice from sticking.
- When all the water has evaporated, cover with a tight-fitting lid and simmer over very low heat. (show spoon trick and aluminum foil trick)
- Wait about 15-20 minutes and remove lid to check on rice consistency.
- In 5 minutes uncover and taste, the rice should be firm but tender inside.
- If not the right consistency, cover and simmer for another 5 minutes over very low heat.

Red Beans (feeds about 5 people)

Ingredients:

- 3 Goya cans of pinto beans, 2 cans of water
- 1 tablespoon of Mazola oil
- 1 pinch of oregano
- 1 red bell pepper, chopped
- 1 medium but kinda small red onion cut into four quarters
- 2 cloves of garlic, crushed
- 2 cup of diced West Indies pumpkin
- A hint of lime (about a teaspoon or two)
- 1 cup [of tomato sauce](#) or Goya tomato sofrito
- 1 teaspoon of fresh cilantro
- 1 teaspoon of salt (or more, to taste) or 1 or two teaspoons of adobo
- ¼ of Knorr chicken bouillon cubes

Instructions:

- In a pot heat the oil over medium heat and add in bell pepper, onion, garlic, Knorr chicken bouillon cube, and Goya tomato sofrito. Allow for it burn a little.
- Add the two cans of water and 3 cans of beans and simmer for two minutes.
- Add the West Indies pumpkin and let it soften.
- Take a cup of beans and a cup of West Indies Pumpkin and blend. Pour back into the pot and cook until the beans reach a creamy consistency.
- Add salt to reach desired taste and a hint of lime.
- Once beans are fully cooked and taste delicious, add a pinch of oregano and a teaspoon of cilantro.

Sweet Fried Plantain (feeds about 5 people)

Ingredients:

- 2 ripe plantains (the riper the sweeter)
- ½ cup of Mazola frying oil (you can add cinnamon sticks and brown sugar to the frying oil to give it a sweeter cinnamon taste)

Instructions:

- Peel the plantains and cut diagonally into 1/4" inch slices.
- Deep fry the plantains over medium heat until golden brown