

# A Sample Taste of Panama

## Patacones

### Ingredients

- 2 green plantains
- Oil for frying
- Salt to taste

### Directions

1. Peel the plantains, the easiest way to peel a green plantain is to make the lengthwise cut on one of the angles, the cut should be skin deep without touching the actual flesh of the plantain, then use the knife to raise the skin and peel it off.
2. Cut the plantains into thick slices, you can make straight cuts or slightly diagonal cuts.
3. Heat the canola oil over medium high heat in a frying pan – use enough oil to almost cover the plantain slices - or a deep fryer, temperature should be about 350 F, fry the plantains until they start to get yellow, but not golden.
4. Remove the plantains and place on paper towels to drain the oil.
5. Use the bottom of a glass (or small bowl or a wood pestle) to smash and flatten the plantains, do this gently to keep the slices from breaking, a few cracks is ok as long as the whole slice remains in one piece. It is best to do this when they are still warm.
6. Place the smashed plantain back into the oil and let it fry for 1-2 minutes.
7. Remove from the oil, drain again on paper towels, and sprinkle the plantain slices with salt and other seasonings (if using the raw garlic rub it on the slices).
8. Serve warm as a side dish or as an appetizer with dipping sauces.



Recipe from: <https://www.laylita.com/recipes/patacones-or-tostones/>

## Ropa Vieja

### Ingredients

- 1 pound of meat flank
- 1 onion
- 2 tablespoons tomato paste
- 1/4 teaspoon oregano
- 1 tablespoon oil
- 2 or 3 bell peppers
- 3 tomatoes
- 2 coriander leaves
- 4 cups water

### Directions

1. Bring the skillet to boil for an hour and a half, remove from heat and allow to cool, remove from water and fray.
2. In a frying pan put the spoonful of oil and add the onion, peppers, chopped tomatoes and sauté with the tomato paste.
3. Then add the de-leavened meat, oregano, leftover broth and cilantro, let cook for about 1 hour.

Tip: Serve with a rich white rice or with patacones



# Platanos en Tentación

## Ingredients

2 Very Mature Plantains

1/2 bar of butter (or margarine if you prefer to gurardar diet)

1 tsp. of oil

1/3 cup brown sugar (you can substitute sugar with a natural juice like pineapple or orange)

1/4 cup water (or pineapple juice or orange)

1 ground Cinnamon

5 Cinnamon sticks

1 Vanilla



## Directions

Peel and cut the plantains into four pieces, melt the butter with the oil and brown the bananas on both sides. Add sugar, cinnamon, vanilla, cinnamon sticks, and juice or water. Simmer for 20 minutes until the liquid is caramelized and the plantains are soft. This portion is for 8 people. Serve as a companion of rice with chicken or rice with any meat and vegetables.