

DOMINICAN COOKING CLASS

MORO (5-6 SERVINGS)

1 can Goya green pigeon peas

2 cups rice

4 cups water

1 tablespoon sofrito

2 teaspoons adobo

1 teaspoon oregano

1 packet Sazon' seasoning

1 chicken bouillon cube

1. Open can of Goya green pigeon peas and drain water into a cup (water will be used for later).
2. Cook the pigeon peas in a small sized saucepan on low heat for 10 minutes.
3. Add water from Goya can to a medium sized saucepan and 4 cups of water to the saucepan. Boil for 5 minutes on high heat.
4. Add 2 cups rice to saucepan and lower from high heat to medium heat.
5. Add sazon, oregano, adobo, chicken bouillon cube and sofrito to the rice.
6. Once green pigeon peas are cooked, transfer the peas from the small sized saucepan to the medium sized saucepan with the rice.
7. Let everything cook for 15-20 minutes. Place lid on top of medium sized sauce pan (let the lid be half open so air can come out of the pot).
8. Once yellow rice has fully absorbed water and pigeon peas can be seen, turn off the stove.
9. Let rice and pigeon peas sit for five minutes, and then serve.

TOSTONES (5-6 SERVINGS)

3 green plantains, peeled/cut up into slices

¼ cup vegetable oil

Garlic powder/salt

1. Heat the oil in a large skillet over medium heat. Add the plantain slices and fry until they soften, 5 to 10 minutes. Remove from the oil and drain on paper towels.
2. Use two plates to slightly mash each piece until it is about 1/2 inch thick. Place the plantain slices between two plates, and mash them together. Do this for all the plantains until the next step.
3. Return the pieces to the hot skillet and fry until crispy, about 3 minutes per side. Drain on paper towels and season with garlic powder or salt while still warm.

ENSALADA TIPICA (3-4 SERVINGS)

1 whole lettuce

2 tomatoes

Lemon

1. Cut the whole lettuce into small slices (enough to eat for a salad)
2. Slice the tomatoes ¼ inch thick.
3. Place lettuce and tomatoes in a bowl
4. Cut the lemon in half, then squeeze the juice from the lemon onto the lettuce and tomatoes in the bowl.

BBQ CHICKEN WINGS WITH DOMINICAN TWIST (4-5 SERVINGS)

1 bottle Sweet Baby Ray's Barbeque Sauce

1 shaker of oregano

10 frozen chicken wings (or unfrozen)

1. Preheat the oven to 350 degrees Fahrenheit
2. Add the frozen chicken wings to a glass or aluminum baking pan
3. Let the chicken wings bake for 30-40 minutes until the ice melts off the chicken wings.
4. Pull each chicken wing out with a tong and place on a plate or bowl. Drain the water out of the pan into the sink (***)If you are using unfrozen chicken wings, skip this step)
5. Place chicken wings back into the pan, and add oregano. Add enough oregano so that it covers all of the chicken wings.
6. Add Sweet Baby Ray's BBQ Sauce to the chicken wings (Add enough so you don't see any white skin on the chicken wings, just BBQ Sauce).
7. Place the pan back in the oven, and bake for 25 minutes.
8. Add more barbeque sauce to the wings and bake for another 20 minutes.
9. Once the barbeque sauce has officially stuck to the wings (the wings are covered with nothing but barbeque sauce, the chicken looks like it has sticky BBQ sauce, and there are no signs of white skin on the wings), turn off the oven, and take the pan out.
10. Let the wings cool for 15 minutes.

BBQ CHICKEN WINGS WITH SOFRITO (4-5 SERVINGS)

1 container of Goya Sofrito Tomato Cooking Base

1 shaker of oregano

10 frozen chicken wings (or unfrozen)

1. Preheat the oven to 350 degrees Fahrenheit
2. Add the frozen chicken wings to a glass or aluminum baking pan
3. Let the chicken wings bake for 30-40 minutes until the ice melts off the chicken wings.

4. Open the oven, and pull out the pan with an oven mitt. Pull each chicken wing out with a tong and place on a plate or bowl. Drain the water out of the pan into the sink (***)If you are using unfrozen chicken wings, skip this step)
5. Place chicken wings back into the pan, and add oregano. Add enough oregano so that it covers all of the chicken wings.
6. Add ¼ cup of sofrito.
7. Place the pan back in the oven, and bake for 25 minutes.
8. Open the oven, and add more sofrito to the wings.
9. Close the oven, and bake for 20 more minutes.
10. Once the chicken turns a little brown and is fully cooked, turn off the oven, and take the pan out.
11. Let the wings cool for 15 minutes.