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# Colombian Cooking

*With Maria Caycedo and Jaidy Polania*

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## Plantain Soup

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3 large [green plantains](#), peeled and sliced into small chunks  
2 beef bouillon cubes  
8 cups water  
½ cup chopped onion  
2 garlic cloves, minced  
¼ cup scallion, chopped  
¼ teaspoon salt  
¼ teaspoon fresh ground pepper  
¼ teaspoon ground cumin powder  
2 tablespoon cilantro for garnish

1. Place the onion, garlic, scallions and water in a blender and blend for 30 seconds.
2. Place the water mixture and beef bouillon in a medium pot and bring to a boil. Reduce the heat to medium and add the rest of the ingredients except the cilantro.
3. Cover the pot and reduce the heat to medium low and cook for 30 minutes or until the plantains are tender.
4. Take half of the soup and transfer to a blender and purée. Add the purée soup back to the pot, stir and cook for 20 more minutes.
5. Divide the soup in bowls and sprinkle cilantro on top. Serve with avocado and aji. Can be served with rice and ground beef.

<http://www.mycolumbianrecipes.com/plantain-soup-sopa-de-platano>

## Platano Calao (sweetened plantain)

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4 ripe plantains  
1/4 lb brown sugar  
cinnamon sticks  
2 cups of water

Cut the plantains into small pieces. In a medium pan, let plantains, sugar, cinnamon, and water cook on low heat until plantains are soft.

<http://mujeres-hoy.com/platanos-calados-recetas-postres.html/>