



Platanos con Cocho

Description

This a very popular street food. It can be found in small markets. Or sometimes in the middle of the Colombian's streets, you can see somebody with a small trolley cooking it.

Platanos con Cocho or Plantains with Pork Crackers (English version below)

Ingredientes

- 1 platano semi-maduro o pinton
- 100 gramos de tocino
- Aceite para freir
- Limon para decorar

Preparacion

1. Se corta unos pedazos de tocino y se sofríe en aceite. Se sacan y se dejan escurrir.
2. Se pela y se corta el platano en pedazos de 3 a 5 centímetros de largo.
3. Se sofríen en suficiente aceite, hasta que estén ligeramente dorados.
4. Se sacan y se colocan en moldes individuales para hacer las canastas y se colocan al horno para que cocinen por unos minutos.
5. Luego se desmoldan y se rellenan con el tocino o chicharron y se adornan con tajadas de limon.
6. Se sirven calientes.

Nota:

- Si no se quiere hacer las canastas solo sofría los platanos despues de aplanarlos.
- Para que el tocino quede mas crocante se agrega unas gotas de limon y se hornean por unos minutos.

Plantain With Pork Crackers (English version)

Ingredients

- 1 semi-ripe plantain
- 100 grams of belly pork
- Enough oil for shallow fry
- Lemon for garnish

Preparation

1. Cut pieces of belly pork and fry them into oil. Take them out a let them drain

2. Peel the plantain and cut it into pieces of 3 to 5 cms wide.
3. Fry in oil till slightly golden.
4. Take them out and place them into individual molds to make the baskets and place into the oven to cook for a few minutes.
5. Then demold them and fill them with the pork crackers and decorate with slices of lime or lemon.
6. Serve them hot.

Note:

- If you don't want to make the baskets just fry the plantain again .
- For the crackers to stay crunchy, add few drops of lemon and bake for a few minutes.