

## Ropa Vieja Stuffed Plantain Toston Cups

(Use of BIG BANANA<sup>®</sup> Toston Cups)



Time: 3-4 hours



Level: Intermediate

### Ingredients

- Big Banana Toston Cups
- Ropa Vieja
- Diced Red & green bell peppers, diced for garnish
- Crispy onions, for garnish
- Cilantro crema

**For the Toston cups:**

- 12 big banana toston cups
- Salt as needed

**For the ropa vieja:**

- 3 pounds flank steak
- 4 tablespoons extra-virgin olive oil
- 2 large onions, chopped
- 2 red bell peppers, chopped
- 2 tablespoons kosher salt
- 8 garlic cloves, finely grated
- ½ cup dry white wine
- 4 teaspoons sweet paprika
- 1 tablespoon dried oregano
- 2 teaspoons ground cumin
- 1 teaspoon freshly ground black pepper
- 1 28-ounce can whole peeled tomatoes
- 2 bay leaves
- ¾ cup pimiento-stuffed Spanish olives, halved crosswise
- 2 teaspoons distilled white vinegar

**For the Cilantro Crema:**

- juice of 3 limes
- 2 jalapenos
- 1 bunch cilantro
- 2 cups sour cream
- 1 teaspoon cumin, ground fine
- 1 teaspoon black pepper, ground fine

## Instructions

### Make the BIG BANANA Toston Cups:

1. Preheat fryer to 350F
2. Gently add the plantain cups and fry for 3-4 minutes.
3. Drain, season and hold warm.

### Make the ropa vieja

1. Pat roast dry with paper towels.
2. Heat 2 tbsp. of oil in a large heatproof pot on high. Cook flank, turning occasionally, until browned on both sides, 5-7 minutes per side. Transfer to a plate.
3. Place a rack in lower third of oven; preheat to 250°.
4. Add the remaining oil to the pot and cook onion, bell peppers, and salt stirring occasionally, until softened and beginning to brown, 12-14 minutes.
5. Add garlic and cook, stirring frequently and scraping bottom of pan, until vegetables are golden brown, 3-5 minutes.
6. Stir in wine and cook, stirring occasionally, until evaporated.
7. Stir in paprika, oregano, cumin, black pepper, and cayenne until vegetables are coated; continue to cook, stirring, until spices are fragrant, about 1 minute.
8. Add tomatoes and coarsely break up with a spoon (they'll continue to break down as they cook).
9. Bring to a boil and cook, stirring occasionally, until liquid is reduced by half, about 5 minutes.
10. Add in the bay leaves. Cover and transfer to oven.
11. Braise until meat is very tender and shreds easily, 2½-3 hours. Let cool 15 minutes.
12. Transfer the flank to a cutting board.
13. Skim excess fat from sauce; discard bay leaves.
14. Using 2 forks, shred beef and add back into the sauce.
15. Stir in olives and vinegar.
16. Keep warm

**Make the Cilantro Crema:**

1. In a blender blend the lime juice, jalapenos and cilantro. Strain. Whisk in the sour cream, cumin and pepper.

To plate drizzle the cilantro crema on the plate. Stuff the plantain cups with the ropa vieja; line the cups in a straight line on the plate. Garnish with the diced peppers and the crispy onions.