

Arepa Pabellón with Sweet Plantain SLICES

(Use of Big Banana® Ripe Plantain Slices)



Servings: 4



Total Time: 2 hrs 25 min.



Level: Intermediate

Ingredients

- ❖ 4 each Arepas
- ❖ 12 each Ripe Plantain Slices
- ❖ 12 ounces Carne Mechada (Shredded Beef) (recipe follows)
- ❖ 11 ounces Black Beans (recipe follows)
- ❖ 11 ounces Shredded Queso Blanco (Venezuelan White Cheese)

For the Carne Mechada (Shredded Beef)

- 16 ounces Flank Steak
- 1 spanish onion, quartered

For the Sauce

- 2 tbsp. Canola Oil
- 1 each Red Pepper, diced
- 1 Spanish Onion, diced
- 2 cloves of Garlic minced
- 2 plum tomatoes, skin removed and chopped
- 2 tbsp. Worcestershire Sauce
- ½ tsp. of black pepper
- 1 tsp. of salt
- ½ tsp. ground cumin
- 2 cups reserved cooking broth
- 1 bunch of Cilantro, minced

Procedure

For the Meat

1. Trim the meat, if necessary, and cut it into 4 pieces.
2. Place the pieces in a medium soup pot and cover them with water.
3. Add 1 quartered onion and simmer for 2 hours, removing any foam that may float to the top.
4. Once cooked, remove the beef from the water and let it cool slightly. (Reserve 2 c of the cooking broth.)
5. Once cool enough to handle, shred the meat with two forks and set aside.

Make the Sauce

1. Heat the oil in a large sauté pan with high sides over medium heat.
2. Add the onion, peppers, and garlic. Sauté for 4-5 min until the onions are soft.
3. Add the diced tomatoes, Worcestershire sauce, salt, pepper, and cumin. Mix well.
4. Add the shredded meat and 2 c of the meat broth. Bring the mixture to a boil.
5. Reduce the heat and simmer, uncovered, for 20 min. Hold Warm.

For the Black Beans

- 8 ounces of dried black beans
- ½ each red pepper, diced small
- ½ each medium Spanish onion
- 2 garlic cloves, minced
- 3 tbsp. panela (or dark brown sugar)
- ½ tsp ground cumin
- 1½ tbsp. extra virgin olive oil
- Salt and pepper to taste

Procedure

1. Rinse the beans and soak them overnight in water. (cover the beans by at least 4 inches)
2. Drain the beans and cover them with fresh water (by 4 inches again).
3. Bring the beans to a boil, then reduce heat and simmer. Cover and cook for about 1 hour, until tender. Check around 45 minutes and let them keep cooking until they are completely tender. Add more water as necessary while they are cooking so that they stay covered in liquid.
4. While the beans are cooking, in a separate heavy skillet over medium-low heat add the extra virgin olive oil. Then the chopped red pepper, onion and minced garlic. Cook until they are soft, translucent and fragrant.
5. Add the cumin and the brown sugar to the onions and continue to cook until browned, soft and fragrant.
6. Once the beans are tender, remove two cups of the cooked beans and process them in a blender with onion mixture. Add the blended beans and onion back to the rest of the beans. Season to taste with salt, pepper.
7. Continue to cook beans until they are very tender, adding water if necessary or letting the excess water boil away until the desired texture is reached.

For the Ripe Plantain Slices

- 12 each Big Banana Ripe Plantain Slices
- Vegetable Oil, as needed for Frying

Procedure

1. Preheat fryer to 350F
2. Working in batches add the plantains to the fryer basket and gently lower it into the oil and cook for 3-4 minutes
3. Drain and hold warm

To Assemble:

- ❖ Using a knife split the arepas in half, divide the shredded beef among the arepas, top with the black beans, 3 slices of plantains and the shredded cheese.