

BIG BANANA® Plantain Canoas with Jackfruit

“Ropa Vieja” and a Sofrito Sauce



Servings: 4



Total Time: 75 min.



Level: Intermediate

INGREDIENTS

- BIG BANANA® Ripe Plantain Canoas
- White Rice
- Jackfruit Ropa Vieja
- Sofrito Sauce

For the BIG BANANA® Ripe Plantain Canoas

- 8 Whole Baked Plantains, thawed

For the White Rice

- 1 cup long grain rice
 - 2 cups water
 - 1 clove of garlic, smashed
 - 1 tsp. salt
 - 1 tsp. butter (optional)
 - ½ tsp. lime juice
1. In a saucepan with a good fitting lid bring water, garlic, salt, butter and lime to a boil.
 2. Add rice and stir.
 3. Cover and reduce heat to medium low.
 4. Cook for 20 minutes. Do NOT lift lid (The steam that is trapped inside the pan is what allows the rice to cook properly).
 5. Remove from heat, let stand for 5 minutes then fluff with fork.

For the Jackfruit Ropa Vieja

- 1 medium onion, diced small
- ½ red bell pepper, diced small
- 1 tbsp. garlic, minced
- 1 tbsp. extra-virgin olive oil
- ¼ cup tomato sauce
- ½ tsp. salt
- 1 tsp. cumin
- ½ bay leaf
- 20 ounce can green jackfruit, drained and shredded

- ½ cup vegetable broth
 - 2 tbsp. cilantro, minced
1. Heat the oil in a large, heavy skillet (cast iron if you have it) over medium-high heat until very fluid. Add the peppers and stir until slightly softened.
 2. Now add the onion and the garlic and sauté until the onions are translucent.
 3. Add the tomato sauce and cook for about 10 minutes, stirring occasionally.
 4. Add the cumin and bay leaf. Season with salt and cook another minute.
 5. Reduce the heat to low.
 6. Add jackfruit and veg broth to the skillet. Stir. Cover and simmer 20 minutes.
 7. Remove lid and simmer to thicken sauce. Discard bay leaf. Stir and check seasoning, adjust if needed.
 8. Before serving add cilantro. Reserve.

For the Sofrito Sauce

- 1 medium yellow onion, diced small
 - 2 large cloves garlic, minced
 - 1 cubanelle pepper, dice small
 - 3 tbsp. extra-virgin olive oil
 - 1 (28- or 29-ounce) can crushed tomatoes
 - 1 tsp. sweet Spanish paprika
1. Heat a large frying pan with a heavy bottom over medium heat. Pour in enough olive oil to coat the bottom of the pan.
 2. Put the onions into the pan and sauté them until they are transparent, avoid burning them by reducing the heat as needed..
 3. Add the green pepper to the pan and continue to cooking for 5 minutes, adding olive oil if necessary. Stir often, so the vegetables do not burn.
 4. Add the minced garlic and sauté for 1 minute.
 5. Add the crushed tomatoes and paprika to the pan and mix well.

6. Continue to cook for 10-15 minutes, cooking up all the liquid released from the tomatoes until the sauce becomes thicker.
7. Place sauce in the blender, cover with lid and puree until smooth.
8. Add sauce back to the pan and cook down to reduce slightly.
9. Reserve.

To serve

Place the thawed plantains in the oven to warm slightly. Remove from oven and hold warm.

Place enough of the warm sofrito on a plate to cover the bottom. Stuff the plantain with the white rice and place in the center of the plate. Top the rice with the Jackfruit "Ropa Vieja", garnish with cilantro and two strips of plantains.