

EXPLORANDO EL CARIBE

Explore the Caribbean

Bacalao with Yucca and Tostones

By Carol Marrero

Ingrentes (Ingredients)

1 lb of Bacalao (salted cod fish)
1/3 cup red peppers, medium dice
1/3 cup green pepper, medium dice
½ cup Goya brand tomato sauce
1/3 cup onion, medium dice
1 package of Sazon seasoning mix
2 T. oil
1 Yucca, peeled, large diced
1 green banana
1 T. garlic, minced

Perparacio'n (Preparation)

1. Soak the fish in a bowl of cold water for about 45 minutes.
2. Place the yucca in a medium size pot, cover with water, and bring the yucca to a boil until tender. When tender, remove from liquid, set aside.
3. Peel the green banana and cut on a bias about 2-3 inches thick. Set aside.
4. Coat a medium size sauce pan with olive oil. Sauté the onion, green and red pepper, garlic and Sazon seasoning until vegetables are soft, then add the tomato sauce.
5. Add the fish to the vegetables and cook, covered, for about 15 to 20 minutes or until fish is tender.
6. In a medium sauce pan, add enough oil to cover the tostones. Pan fry until partially cooked. Once the tostones are fork tender, remove and flatten individually. Place back in oil and pan fry till golden brown on each side.

Presentacion (Presentation)

Place the cod fish and vegetable mixture on the plate and lay the yucca diagonally on top of the fish. Place the tostones around the fish.