

Cuban-Style Rice Recipe

Ingredients:

125 ml corn oil
1 medium potato, peeled and diced
3-4 saba bananas (plantains), peeled and halved lengthwise
6-8 whole eggs
1 small onion, finely chopped
4 garlic cloves, peeled, crushed and finely chopped
500 g ground pork
2 teaspoons salt
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2 teaspoons salt
500 g ground beef
Worcestershire sauce
200 g frozen green peas, thawed
90 g raisins

Method:

In a wok or skillet, heat 2 tablespoons of the corn oil and sauté the potato until almost tender. Remove from the wok and set aside in a bowl. In the same wok, add another 2 tablespoons oil and reheat. Fry the bananas until light brown and tender. Remove and drain on paper towels and set aside. In a separate pan, heat another 2 tablespoons oil and fry the eggs, sunny side up one or two at a time, adding more oil if necessary. Remove eggs as they cook and set aside. Heat the remaining oil in a large skillet or casserole and sauté onion and garlic. Stir in ground pork and cook until brown. Season with ½ teaspoon of the salt. Stir in ground beef and cook, stirring well with the other ingredients until beef browns. Season with ½ teaspoon salt. Stir in a dash of Worcestershire sauce. Mix in green peas and stir well. Add the cooked potatoes and raisins. Season with remaining salt. Heat through for about 5 minutes. To serve, spoon the ground meat mixture into a serving platter. Arrange cooked eggs and bananas on top and serve with plain rice. This dish is also known as Arroz a la Cubana. A complex dish with various flavors, Arroz a la Cubana combines the richness of meat with the sweet tastes of fried bananas and raisins. Eggs fried sunny side up make this a very filling, one-dish meal.