

Plantain Patties -

Gorditas de plátano macho



Ingredients

2 plantain, ripe*
Pinch salt
½ cup fresh cheese, such as Cotija, panela or feta; crumbled
Oil, as needed

Mexican cream (or equal parts of sour cream and whipping cream), to serve

Red spicy sauce, optional (<https://mysliceofmexico.files.wordpress.com/2019/03/red-spicy-sauce.pdf>)

*** Important:** Choose plantain as ripe as possible, even with black spots; if not available, let green plantain rest in a cool spot away from direct sunlight until they turn yellow and develop a dark tone.

Wash plantain, trim ends, and cut into halves; bring water to a boil in a pot, then add the plantain halves. Let cook until flesh swells and peels start to burst; remove to a bowl, and peel carefully. Mash the flesh with a fork. Flatten the mashed plantain to cool faster. Score with the fork to mark eight sections; season with a pinch of salt (photo below, left). Spread one drop of oil on hands, then take one section of mashed plantain, forming a ball, then flattening into a disc; scoop about one tablespoon of crumbled cheese onto the centre of the disc (photo below, centre); Close plantain mash around the cheese, then flatten again to form a patty, about half an inch (1.25cm) thick. Place on a plate, then repeat with the rest of the sections. Pour enough oil to cover the bottom of a large frying pan over medium heat; once hot, reduce heat to medium/low, and fry patties in batches, flipping once, until golden brown on both sides (photo below, right):



Transfer to a plate lined with paper towels. Serve either as an appetizer, drizzled with cream with a side of red spicy sauce (photo, right), as a first course with a side of Mexican rice, or as a side (with pork centre loin and tomatoes in the photo at the top).

