

Patacones Rellenos

Fried plantains stuffed with shrimps , 4 portions

Ingredients:

2 green plantains
220 ml vegetable oil

For the stuffing:

60 shrimps
6 garlic cloves
2 red onions
15 g butter
3 tbs. white wine

Preparation:

1. Peel the plantains and slice them into pieces of 4 cm or 1 1/2 inch
2. Heat up a pan with oil on medium-low heat. The plantains should be covered with oil and the heat just high enough so that a few bubbles come out of the plantains.
3. Fry the plantains for about 8 minutes until they're cooked. Check with a fork, if it goes through softly, they are ready.
4. Remove from the oil and put them on a paper towel.
5. Mash the plantains with a 'pataconera', when they are still hot.
6. For the second fry, the oil should be very hot. Put the patacones in the oil for only around one minute. Fry until they are golden brown.
7. Remove from the pan and add salt immediately.

For the stuffing:

1. In a pan, add butter and let it melt.
2. Add garlic and let it sweat.
3. Add finely chopped onions and let it sweat for a few minutes on medium heat.
4. Heat up the sauce to the maximum and add the shrimps, cook for 1 minute on one side.
5. Flip the shrimps, deglaze with the white wine. After a minute the alcohol is evaporated. Turn off.

Serve 3-4 patacones on a plate and stuff with the shrimps. Also add all the liquid from the pan.

Tips:



Pataconera to make baskets.



Patacón stuffed with shrimps.

The patacones taste best when they are still warm.

When the oil at the second fry is very hot, the patacones soak little oil and will be less greasy.