

Alcapurrias

Natividad Ramos
Puerto Rico

Serves: 6-8 people

Yield: 12-16 alcapurrias

Time: 55 minutes

Ingredients

3 yellow bananas, peeled
2 green plantains, peeled
2 yautia (approximately 1/2 pound), peeled
4 1/2 tablespoons of canola oil, divided
1/2 teaspoon of ground achiote
1 teaspoon of adobo (see page 54)
3/4 pound of lean ground turkey
3 cloves of garlic, minced
1 tablespoon of sazón (see page 58)
3 tablespoons of sofrito (see page 60)
1/4 cup of tomato sauce (see page 62)

Directions

- ✦ Preheat oven to 350° Fahrenheit.
- ✦ Coat a baking sheet with cooking spray or line with parchment paper.
- ✦ Grate the bananas, plantains and yautia. If you have a food processor, you can blend the yautia and plantain for a finer texture and squeeze through a cheese cloth to remove some of the water.
- ✦ Add 2 tablespoons of oil, ground achiote and adobo to the banana mixture.
- ✦ Chill banana mixture for 30 minutes in the refrigerator so that it is easier to handle.
- ✦ In a sauté pan over medium heat, cook the ground turkey with the garlic and sazón until browned. Add the tomato sauce and sofrito and simmer about 15 minutes.
- ✦ Form a small patty with 1/4 cup of the plantain mixture. Place 1/4 cup of the meat in the middle and another 1/4 cup of plantain batter on top to enclose the meat filling and form an oval shape. Repeat with the remaining plantain and meat mixtures until all the patties are formed.
- ✦ Place alcapurrias on the prepared baking sheet and lightly spray the top with cooking spray.
- ✦ Oven “fry” for about 10 minutes until golden, then flip to cook other side about 3 minutes.
- ✦ Serve hot.

Did You Know?

Yautia, a tropical tuber, has a moderate amount of thiamin, riboflavin, vitamin C and iron. When cooked, it has a creamy texture and earthy flavor.

