

QUICK & EASY CARIBBEAN COOKING

with Lucy Van Horn

BISTEC de VINAGRE – Puerto Rican Style Vinegar Steak

1 lb. Boneless sirloin steaks (approx. 8 oz each) or top round
2 tbsl vinegar (red wine or apple cider)
1 large onion (I like Vidalia or Red)
3 cloves garlic, minced
1 ½ teas salt
1 tsp black pepper
olive oil

GARNISH

1 cup parsley, coarsely chopped
½ medium onion, finely chopped
1 tbsl olive oil

Pound steaks to ¼ to ¾” thickness (or ask butcher to do this step).
Combine vinegar, garlic, salt and pepper. Place steaks in a sealable plastic bag, add garlic marinade and refrigerate for 1 hour. Remove steak from marinade and pat dry. Set marinade aside. Remove any traces of garlic from steak surface. In a large frying pan add 1 tbsl olive and heat. Do NOT allow to smoke. Place two steaks in the pan and cook for 1 to 2 minutes per side. Remove and keep warm so you can fry the balance. Once the steaks are cooked add marinade to pan and heat for 1 or 2 minutes to reduce then pour juices over the steaks.

PLANTAIN CHIPS

In the USA we eat steak with French fries. In the Caribbean we eat our steak with plantain chips (garlic coated or just salted). Totonos are much more nutritious than potato fries.

2 green plantains (we will discuss how to choose)
oil for frying
whole garlic clove
salt

Peel green plantain and place in salted water for 15 minutes or more. Remove plantain from water and pat dry with paper towel and cut the plantain into 1" pieces. Set up a plate with paper towels so chips can drain after frying. Heat about 1/2 inch cooking oil in a 8"- 10" frying pan. Do not allow to smoke. Flatten plantains with a small frying pan or dish. Place 3 garlic cloves that are cut in half in the oil, then fill the pan with chips. Fry only one layer at a time. Fry on one side then turn over and fry second side. Remove to paper covered plate. Replace garlic and fill pan again. Lightly salt chips when finished frying. These can be served as a side dish and also as a chip with salsa.

With yellow plantains (not too many black spots) cut them in half and then into long strips (about three to each side) continue frying as above. These are not as crispy but are a really good substitute for potatoes.

MANGO SALSA

1 large mango peeled and cubed
1 avocado peeled and cubed
1 stalk celery chopped
1 medium tomato cubed
1 small onion chopped fine
2 cloves garlic chopped fine
1/4 cup finely chopped cilantro
1/4 cup each extra virgin olive oil & red wine vinegar
1/4 teas oregano
salt to taste

In a large bowl combine all ingredients and mix gently. Use within 24 hours. When ready to use, remove from refrigerator and allow to warm up a bit. Do not serve ice cold.

1 15 oz can of black beans, thoroughly rinsed can also be added to create a different type of salsa