

# NYBG

EDIBLE ACADEMY  
JUNETEENTH WEEKEND  
CULINARY RECIPES

## MOFONGO RECIPE

By Lyana Blount, Black Rican Vegan

### Ingredients

- 2 green plantain
- 4 cups vegetable oil
- 1 tbsp olive oil or vegan butter
- 1 tbsp fresh garlic, minced
- ½ tbsp water
- 1 bean curd stick
- pinch of salt

### Graham Cracker Crust

- 1 ½ cups graham crackers, crushed
- 1 teaspoon sea salt
- ¼ cup brown sugar
- ¼ cup canola oil
- 2–4 tablespoons water



### Instructions

1. Peel your green plantains and cut them into half-inch circles.
2. heat up your vegetable oil to 330 degrees and add in your green plantains.
3. Fry your plantain for about 5 minutes until golden brown and easy to squeeze with a tool.
4. Remove the plantain from the heat and place it onto a paper towel or drying rack to allow excess oil to come off.
5. Use a pestle and mortar, or some may know it as a pilon. Add your oil or vegan butter, garlic, water, bean curd stick, and salt.
6. Use the pestle to smash the ingredients together until the garlic and bean curd stick is minced.
7. Add in your plantains and smash again to incorporate everything together.
8. Use a spoon to remove the mofongo from the mortar and place it into a bowl to mold into a half circle for plating or shape with your hands.
9. You can eat this as is or add a special sauce to it and enjoy.