

SPOTLIGHT COUNTRY OF THE MONTH

Ecuador



We have new ELLs joining us at Edison who are from Ecuador. Ecuador is a country straddling the equator on South America's west coast. Its diverse landscape encompasses Amazon jungle, Andean highlands and the wildlife-rich Galápagos Islands.

Capital City: Quito

Language: Spanish

Foods: Ecuadorian food dishes range as wide as the three distinct regions found in the country, which include the Amazon jungle, the Andean highlands, and the Pacific Coast (including the Galápagos Islands).

Official Bird: Andean condor

Nickname: "La Tri" and "La Tricolour"

Population: 17.8 million (2021)



Recipe of the Month-Bolon de Verde Ingredients

- 4 green plantains peeled and cut in medium sized chunks
- 4-5 tbs butter or lard
- 2 tbs oil canola or sunflower
- 1 tbs hot pepper or chili powder
- 1 tsp cumin
- 1 cup grated cheese and/or 1 cup cooked chorizo or chicharrones (fried pork belly) or bacon
- Salt to taste
- Ground peanuts optional – add when mashing green plantains

Instructions:

Melt the butter or lard over medium heat in large sauté pan
Add the plantain chunks and cook for about 40 minutes or until they are very soft, turn them about every 10 minutes, they should be slightly golden but not too crispy.
Sprinkle the cooked plantains with the chili powder, cumin and salt.
Transfer the plantain pieces to a bowl, do this while they are still hot (but be careful not to burn yourself).
Mash the plantains using a wood masher – or just a regular potato masher – until you obtain chunky dough like consistency.
Form balls slightly smaller than the size of a tennis ball with the dough.
Make a hole in the middle of each ball and fill it with the cheese or chorizo or chicharrones (mixed with ground peanuts), gently press the filling into the hole, cover the filling and reshape it back into a ball shape. Heat the oil over high heat, add the stuffed plantain dumplings and fry them until they are golden and crispy on each side.
Transfer to plate lined with paper towels to drain the grease and serve immediately.

Enjoy!