

PLATANOS MASH

Prepared by: Rhonda O'Dell, July 2017

Source: Marcus Off Duty

Serves 6

6 ripe plantains, peeled and cut into chunks
1 pound sweet potatoes, peeled and cut into chunks
4 garlic cloves, peeled
1 cup coconut milk
1 cup whole milk
1 teaspoon ground turmeric
Kosher salt and freshly ground black pepper
Freshly grated nutmeg

Combine the plantains, sweet potatoes, garlic, coconut milk, milk, and turmeric in a saucepan. Add enough water to barely cover and season with salt and pepper. Bring to a boil over high heat, then cover, reduce the heat, and simmer until the plantains and potatoes are tender, about 40 minutes. Set a colander over a bowl and drain the plantains and sweet potatoes. You want to keep the cooking liquid. Return the plantains and sweet potatoes to the pot and mash them with a fork, potato masher, or heavy whisk. Beat in as much of the cooking liquid as you need to make the mash creamy. Add the nutmeg, taste, and adjust the seasoning. Serve hot.

Rhonda's Notes: I would make this again.

