



### **Domini-Cubano Sandwich**

*Consisting of a recipe for pernil (roasted pork) and a recipe for assembling the plantain sandwich.*

Featured on July 26, 2021 “Pleibol and Eat Well!: Latino Culinary Traditions and Américas’ Game” demo with Chef Dayanny de la Cruz

*If you ask any Dominican what he is proudest of, for example, he will read you a list of ballplayers. For Dominicans, Puerto Ricans, and many in Cuba, Venezuela, Mexico, and Central America, baseball rules sports.*

*You might recognize some of their names: Pedro Martinez, Vladimir Guerrero, Sammy Sosa, Manny Ramirez, Albert Pujols, Robinson Canó, and Bartolo Colón. Their stories, and many others like them, are proof that young Dominican boys can attain the almost unthinkable and become some of the most recognized and celebrated athletes in the world.*

*One myth is that platanos are the source of their strength, also known as “the Platano Power.” So, for the families of baseball players, plantains are a key ingredient in many meals. In fact, when I spoke with some of these baseball players’ mothers, they said that they often cook with plantains to keep “Los peloteros” healthy and strong, and to keep them connected to their culture and community.*

*Here comes “The Plantano Power” with a twist.*

– Dayanny de la Cruz

### **Pernil Recipe (Roasted Pork)**

Recipe by Dayanny de la Cruz

Yield: 4 servings

#### **Ingredients**

- 5 garlic cloves
- ½ tsp dried oregano
- ½ tsp black pepper
- 2 Tbsp olive oil
- 4 Tbsp lemon juice
- 1 tsp salt
- 1 Tbsp Goya adobo all purpose seasoning
- 2 packets of Goya sazón con cilantro y achiote seasoning
- 3 lbs. pork butt

## Directions

In a food processor or blender, combine the garlic, dried oregano, black pepper, olive oil, lemon juice, salt, adobo, and achiote to make marinade. Rub over pork butt, cover, and place in refrigerator to marinate overnight.

Preheat oven to 350° F and cook for 3 hours until the internal temperature of the pork reaches 180° F. Then, let cool and set aside.

## Plantain Sandwich Recipe

Recipe by Dayanny de la Cruz

Yield: 4 servings

## Ingredients

4 green plantains  
2 Tbsp of canola oil  
1 cup yellow mustard  
½ cup mayonnaise  
2 Tbsp guava jam  
4 hot dogs,grilled and sliced lengthwise  
2 large dill pickles, thinly sliced lengthwise  
Pernil, sliced  
8 slices of swiss cheese  
1 stick of butter softened and divided  
½ tsp of salt

## Directions

For the plantain bread, peel the plantain, and cut them in half lengthwise. Fry the plantains in oil for 4 minutes. Remove from oil and drain on a paper towel-lined plate.

Flatten the plantains. Re-fry them in the hot oil for another 4 minutes until the plantains are crispy. Remove from oil and drain on a paper towel-lined plate.

Mix the mustard, mayonnaise and guava jam and make a smooth guava Dijonnaise. Spread the guava Dijonnaise on one side of each plantain piece.

In a warm cast iron skillet on medium heat, layer the sliced pernil, pickles, sliced hot dogs, and cheese. Repeat the layering to make a double decker filling for the sandwich. Heat on skillet until filling is hot and cheese is melted. With a spatula, transfer filling on top of a piece of plantain bread, add the rest of the guava Dijonnaise and cover with another slice of plantain bread.

Add the butter to the cast iron, and toast sandwich on both sides (about 2 minutes per side) until lightly brown and crispy.

Add salt to taste.



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