

comments

Try all three of these the first time you make the stew.

notes

At a minimum, serve with rice or fufu (do both the first time).

prepare in advance

	Ingredients
Cut up into pieces	1-1/2 lbs. unripe (green) plantain
Have available	2 large ripe, firm tomatoes 1 large, ripe avocado
Measure together and mix, for the diced tomato marinade	1 T fresh lemon juice 1/4 tsp. ground hot red pepper 1/2 tsp. salt
Measure together and mix, for the avocado marinade	1/2 tsp. ground ginger 1/2 tsp. salt 1 T strained, fresh lemon juice

complete recipe

Fufu

Cook plantain in boiling, salted water until tender; drain.

Put in food processor and turn into a thick paste; taste for enough salt.

To make balls: fill a mixing bowl with cold water to use for moistening plate and hands.

Roll paste into balls and arrange on platter.

If not serving right away, cover tightly with plastic wrap or foil and set aside at room temperature up to 2 hours.

Diced Tomato Salad

Drop tomatoes in boiling water and boil briskly for about 10 seconds.

Run cold water over and then peel. Cut out stems, slice in half crosswise; squeeze gently to remove seeds and juice; chop as finely as possible.

In small serving bowl combine marinade then toss with tomatoes; marinate 30 minutes before serving.

Avocado Salad

Cut avocado in half; loosen seed and lift out; strip off skin; remove brown spots; cut into half-inch cubes.

In small bowl combine avocados and marinade and stir until well mixed.

Let sit 30 minutes before serving.