

Honduran Fried ripe plantains – Platanos maduros fritos

Easy recipe for fried ripe plantains, a must-have side dish for so many Latin dishes. Honduran Platanos Fritos are fried plantains which are a must have ingredient on the Honduran typical plate.



Ingredients

- 2 black plantains
- oil for frying (enough for about ¼” deep oil in frying pan - You can use almost any kind of oil or shortening (not Olive Oil though)

Instructions

1. Wash and peel the plantains
2. Slice the plantains, the best way to slice them is either diagonally or cut the plantain in half and slice lengthwise. The plantain can also be sliced lengthwise full size, but the smaller diagonal or half slices are easier to manage.
3. Heat the oil over medium heat in a large frying pan and add the plantains
4. The plantains will cook very quickly, make sure to turn them before they burn and cook until golden on each side. You can use a spatula or a fork to turn them. If the plantain flesh is still pink or white inside it means that it is not yet fully cooked. Turn the plantain when the natural sugars in the fruit begin to carmelize (just starting to turn brown) - about 6 minutes
5. Thicker slices and less ripe plantains will need longer to cook, and maybe more oil.
6. Place the cooked plantains on a paper towel to drain any excess oil.
7. Serve warm. Voilá - you are a Honduran.

Nutrition

Calories: 109kcal | Carbohydrates: 28g | Protein: 1g | Sodium: 3mg | Potassium: 446mg | Fiber: 2g | Sugar: 13g | Vitamin A: 1010IU | Vitamin C: 16.5mg | Calcium: 3mg | Iron: 0.5mg



TAJADAS DE BANANO VERDE - Fried Green Bananas

READY IN: 10mins



SERVES: 2

INGREDIENTS

Nutrition

2

2 totally green bananas

salt, dash

oil for frying (enough for about ½" deep oil in frying pan - You can use almost any kind of oil Or shortening (not Olive Oil though)

DIRECTIONS

To start you will first need to heat the oil in a skillet.About a 1/2 inch in oil.

Now for the banana,first cut the ends of the banana.

Then cut a slice down the middle of the banana and peel. OR cut the green banana in diagonal slices first and then peel each slice.

Place each slice into the oil (about medium temperature) and cook until golden brown. Flip slices if oil does not cover them. Cook for about 5 mins or so.drain on paper towels.season with salt.serve.enjoy -- . They are a lot like French fries and are great with salt and ketchup!

NUTRITION

Calories: 218.4

Calories from Fat 5 g3 %

Total Fat 0.7 g1 %

Saturated Fat 0.3 g1 %

Cholesterol 0 mg0 %

Sodium 7.2 mg0 %

Total Carbohydrate 57.1 g19 %

Dietary Fiber 4.1 g16 %

Sugars 26.9 g107 %

Protein 2.3 g4 %

CHISMOL



(CENTRAL AMERICAN FRESH TOMATO, PEPPER AND ONION SALSA)

Chismol, or chirmol, (both pronounced "chee-mole") is the name of a simple fresh vegetable salsa that is popular in many of the countries of Central America, especially Honduras and El Salvador. The bright mixture of tomatoes, onions and peppers is similar to Mexican pico de gallo and can be used as a dip for tortilla chips or as a condiment for **carne asada** or **baleadas**.

Makes about 2 cups

INGREDIENTS

- Tomatoes, seeded and chopped -- 2 medium
- Red onion, finely chopped -- 1
- Green bell pepper, seeded and finely chopped -- 1
- Cilantro, chopped -- 1/4 cup
- Lime, juice only -- 1 medium
- Salt -- to taste
- Oil -- 1 tablespoon

METHOD

1. Toss the tomatoes, onion, peppers and cilantro together in a non-reactive bowl. Then stir in the lime juice, salt to taste and the oil.
2. Served chilled or at room temperature.

CHISMOL VARIATIONS

- Add a little heat with a couple of minced serrano or jalapeño chiles.
- Finely chop 3 or 4 radishes and stir them into the chismol.
- Cut a ripe avocado into cubes and stir it in at the end.
- Season the chismol with a pinch of ground cumin or some chopped mint.
- Use vinegar instead of lime juice.

Horchata (Authentic Honduras Drink Recipe)

Horchata is a delicious rice based drink that you can find at most Mexican restaurants in the United States and abroad.

Prep Time: 5 hrs 20 mins, Total Time: 5 hrs

Servings: 7 Cups Calories: 322kcal

Ingredients

- 1 cup of white rice
- 1 cup sugar adjust depending on how sweet you want - 2/3 cup of sugar if you want it less sweet.
- 1/2 cup chopped almonds
- 1 cinnamon stick
- 1 Tbsp vanilla
- 1 Can 12 ounces Evaporated milk
- 1.5 cups of milk or almond milk
- 1 Liter of water
- Ice

Instructions

1. Start by soaking the rice, cinnamon, and almonds in a bowl of water all night, or at least for 5 hours so that the rice softens slightly.
2. Strain the water from the cinnamon, rice, and almond mixture that were soaking, disposing of water.
3. Blend the cinnamon, rice, and almond mixture with evaporated milk until a smoother mix is formed and the grains of rice are completely ground.
4. Strain the resulting liquid into a pitcher, and add the sugar, vanilla, and milk. Mix well until everything is well combined. Add a liter of water, and serve with ice. Enjoy!



Nutrition

Serving: 8oz | Calories: 322kcal | Carbohydrates: 56g | Protein: 6g | Fat: 7g

CASAMIENTO (A Wedding) - HONDURAN STYLE RED BEANS AND RICE

A HEARTY AND DELICIOUS HONDURAN STAPLE: Honduran Red Beans and Rice or Casamiento is a delicious Honduran dish served in most homes in Honduras. It's a flavorful food that can be enjoyed as a side dish or main meal. It's a perfect way to use red beans after making a pot of them. This easy recipe takes red beans to a new level of flavor!



Servings: 6, Prep Time: 5 Minutes, Cook Time: 15 minutes, Total Time: 20 Minutes

INGREDIENTS

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- 1 tbsp [vegetable oil](#) *I use avocado oil*
- ½ cup [yellow onion](#) *diced*
- ½ cup [green bell pepper\(s\)](#) *diced*
- 1 ½ cups bean broth *strained with a fine mesh strainer*
- ¼ tsp [kosher salt](#) *or to taste*
- 2 cups [long grain white rice](#) *cooked*
- 3 cups red beans *cooked*

DIRECTIONS

1. **Sauté Vegetables:** In a large skillet over medium-high heat, heat the oil and cook the onion and green pepper, tossing occasionally, until the onion is lightly golden around the edges. About 4 to 5 minutes.
2. **Add Rice and Beans:** Slowly add the broth and salt to the skillet and mix into the onion and pepper. Add the cooked rice to the skillet and stir into the bean broth. Next, add the cooked red beans to the skillet and gently stir into the rice and bean broth until all the ingredient are fully mixed.
3. **Simmer Rice and Beans:** Bring to a boil, then reduce the heat to medium-low and simmer uncovered and undisturbed for 10 to 12 minutes or until the broth has been reduced and fully absorbed.
4. Gently toss the beans and rice then transfer to a serving bowl and enjoy!

NUTRITION FACTS

Calories: 362kcal | Carbohydrates: 71g | Protein: 12g | Fat: 3g | Saturated Fat: 2g | Sodium: 104mg | Potassium: 455mg | Fiber: 8g | Sugar: 1g | Vitamin A: 31IU | Vitamin C: 8mg | Calcium: 44mg | Iron: 3mg

BALEADAS

Originally from La Ceiba, Atlántida, **the Honduran baleada** has become a benchmark of the traditional food of our country, thanks to its exquisite flavor, it has become **the most consumed dish** in catracho households.



PREPARATION TIME: 10 min, COOKING TIME:10 min, TOTAL TIME: 20 min, SERVINGS: 4 persons, CALORIES: 80 kcal

INGREDIENTS

- 4 flour tortillas (warmed)
- 3 tablespoons of lard
- ½ teaspoon of salt
- 2 cups of whole beans cooked with a little broth
- ¼ onion
- Small amount of butter
- Cheese of your choice

STEP-BY-STEP ELABORATION

To prepare the beans, cut ¼ onion as finely as possible. Pour 3 tablespoons of lard and heat the saucepan, add the chopped onion to the saucepan and fry it for approximately 1 minute (**until you see a little transparent**).

Add 2 cups of cooked whole beans with a little broth, add ½ teaspoon of Salt, mash **the ingredients with a bean masher in the saucepan** , until you get a consistency similar to that of a puree, fry the beans for about 5 minutes more and stir constantly, until medium fried and thick.

To make the baleada , in a tortilla add beans and cheese or butter to taste; If you wish, you can also add fried eggs, avocado, banana, sausage, fried meat, chicken, pickle and the ingredients of your choice, **this is what in Honduras we know as a special baleada** , however the original recipe only has one flour tortilla, beans, cheese and butter.

TIPS AND CURIOSITIES

- **You can freeze the fried beans without any problem** since they take a couple of weeks to reach their state of decomposition in a freezer.
- **You can store tortillas for baleadas in the refrigerator** , but it is recommended that they be eaten instantly as they are tastier this way.
- Baleadas are the # 1 typical dish of Honduras, they **originate from La Ceiba, Atlántida**.
- A portion of 2 baleadas is **considered a complete dinner** , usually accompanied by café de palo, natural juices or fresh horchata.
- Currently a shot costs around **0.50 US cents in its simple version** , the preparation of a special shot is more expensive and its price will depend on the size and the ingredients that are added.

ARROZ CON POLLO HONDUREÑO (Chicken & Rice)

Rice with chicken is one of the most prepared traditional foods in the country of Honduras, the catrachos usually serve this dish in many of their parties as it is one of the easiest recipes to prepare. **Rice with chicken, thanks to the variety of its ingredients, provides a high nutritional value** and their low economic cost has been a fundamental factor in making this typical dish one of the most popular in the region.

PREP TIME: 30 min, COOKING TIME: 20 min, TOTAL TIME: 50 min, SERVINGS: 4, CALORIES: 440 kcal

INGREDIENTS

- 1 ¼ Cup of parboiled rice
- 2 chicken breasts
- ½ green pepper
- 1 stick of margarine
- 2 garlic cloves
- 1 onion
- 3 cups of chicken broth
- 1 can of corn
- 1 can of peas
- 1 Cup of carrot chopped
- 1 tablespoon of saffron
- 1 tablespoon curry
- Salt to taste
- Coriander to taste

STEP-BY-STEP Preparation

Melt the margarine in the pot, add the chicken, then add the garlic, spices, crushed garlic (preferably), add the rice and finally the carrot, stir constantly to prevent it from sticking in the pot.

Stir so all your seasonings together, add saffron, curry, salt and pepper to taste.

You must now add the chicken broth and put on the stove over low heat (the slower it will taste better) until the chicken broth is finished consuming, before removing the food from the heat add the corn cans, peas and cilantro.

If you wish you can also add olives and raisins to your liking; Serve hot for a better experience.

TIPS AND CURIOSITIES

Suggestion: Cook until all the broth has evaporated, in order to obtain a slightly fried consistency, you can add a little more broth and cook again to obtain a better flavor.

DID YOU KNOW?

- Rice with chicken is fattening if its consumption is not moderated, due to its high concentration of calories.
- This dish is **one of the most common when holding birthday parties in Honduras**, thanks to its easy preparation and cheap ingredients.
- **You can make a more healthy variation of this recipe**, avoiding using so much oil and preparing it with brown rice along with some rich steamed vegetables.
- Nowadays, another common way to make this dish is with fried chicken.
- Approximately chicken rice **has 440 calories** per serving.

CARNE ASADA / ROASTED BEEF

PREP TIME: 30 min, COOKING TIME: 25 min, TOTAL TIME: 55 min, SERVINGS: 4, CALORIES: 223 kcal

INGREDIENTS

2 1/2 pounds of meat for random
1/4 of the juice of a lemon
1/4 of the juice of an orange
4 cloves of garlic
1/2 onion preferably purple
Tortillas
Fried beans
Optional avocado
Optional cheese
Chismol optional
Salt to taste
Pepper to taste

STEP-BY-STEP ELABORATION

Mix the lemon juice together with the orange juice, add the garlic and chopped onion, then add salt and pepper to taste and **stir until all the ingredients are well united** , add the meat randomly, cover and leave to marinate inside the refrigerator for about 5 hours. Turn on the broiler and cook the meat for about 10 minutes on each side. Remove from the grill, remove excess fat with a paper towel and cut the meat into small pieces.

Serve with tortillas, chismol, avocado and cheese.

TIPS AND CURIOSITIES

Tip: Constantly stir the ingredients and slash the meat so that it can absorb all the flavor.

Suggestion: You can add 1/2 a glass of tequila to provide a better flavor to the beef.

DID YOU KNOW?

- Roast beef is a traditional dish with high nutritional value.
- It is very common in Honduras to prepare this recipe to serve it **at birthday parties, meetings and other types of events.**
- There are different types of marinades to prepare a roast meat, it can also be prepared without these but its flavor will not be adequate.
- A serving of meat **has 223 calories** , the total calories of the dish may vary depending on the ingredients used.
- Roast cow meat has **a higher nutritional level than pork** and due to its low caloric content it is considered healthier, however due to the fat that pork meat has, it is considered more tasty by many people.

Nacatamales Hondureños: Honduran Tamales

Prep: 1 hr 30 mins, Cook: 1 hr 8 mins, Total: 2 hrs 38 mins, Servings: 30, Yield: 30 tamales



Ingredient Checklist

- 1 (4 pound) package masa harina (such as Maseca®), divided
- 1 large tomato, chopped
- 1 large green bell pepper, chopped
- 1 large onion, chopped
- 1 cup chopped fresh cilantro
- ¼ cup ground cumin
- 2 cubes chicken bouillon
- salt
- 1 (6 ounce) can tomato paste
- 3 cups vegetable oil, or to taste
- 30 banana leaves
- 3 ½ pounds cubed cooked pork
- 3 large potatoes, peeled and cubed
- 2 cups cooked white rice
- 1 (15 ounce) can peas, drained
- kitchen twine

Directions

Instructions Checklist

- **Step 1**

Pour about 3/4 the masa harina into a large pot. Add water in batches, mixing until a moderately thin batter forms.

- **Step 2**

Combine tomato, green bell pepper, onion, cilantro, cumin, and bouillon in a blender. Blend until smooth. Pour into the large pot with the batter and season with salt. Pour about 5 cups of this combined mixture into a smaller pot; add tomato paste and stir until it is an even red color.

- **Step 3**

Pour 2 cups oil into the large pot of batter; pour remaining 1 cup oil into the smaller pot of red batter. Bring both pots to a boil, stirring continuously to prevent burning. Cook until flavors set, 3 to 5 minutes more. Remove from heat.

- **Step 4**

Cut banana leaves into 12x15-inch rectangles. Spoon 1 cup regular batter and 1/4 cup red batter into the center of each leaf. Add small amounts of pork, potatoes, rice, and peas. Fold leaf over the filling several times; fold sides in. Wrap twine around tamale to hold in place.

- **Step 5**

Place tamales in a large pot; cover halfway with water. Cover and cook over medium heat until filling has thickened, about 1 hour.

Cook's Note:

After 1 hour of cooking, remove a tamale, let cool for 5 minutes, and unroll onto a plate to see if it has thickened. If the tamale is still a little runny, return it to the pot and continue cooking them all for 20 to 30 minutes longer.

Nutrition Facts

Per Serving:

Nutritional Information

Honduran Tamales

Servings Per Recipe: 30

Calories: 551.7

Protein: 21.5g	43 %
Carbohydrates: 59g	19 %
Dietary Fiber: 9.9g	40 %
Fat: 26.5g	41 %
Saturated Fat: 4.5g	23 %
Cholesterol: 38.7mg	13 %
Vitamin A Iu: 456.	119 %
Niacin Equivalents: 14.2mg	109 %
Vitamin B6: 0.8mg	49 %
Vitamin C: 15.5mg	26 %
Folate: 160.6mcg	40 %
Calcium: 108.7mg	11 %
Iron: 6.2mg	5 %
Magnesium: 100.5mg	36 %
Potassium: 689.9mg	19 %
Sodium: 191.2mg	8 %
Thiamin: 1.5mg	146 %

ALTERNATIVE RECIPE

NACATAMALES

(HONDURAN, NICARAGUAN MEAT AND VEGETABLE-FILLED TAMALES)

Nacatamales, are popular steamed corncakes from Nicaragua and Honduras. They are similar to Mexican tamales, but nacatamales are larger, filled with meat and vegetables and steamed in banana leaves. Nacatamales are special-occasion food and are most often served as a Sunday morning meal or at Christmas, weddings and other large celebrations.

Makes 10 to 12 nacatamales

INGREDIENTS

Masa (Dough)

- Masa harina -- 6 cups

- Lard or shortening -- 1 cup
- Salt -- 1 tablespoon
- Sour orange juice (see variations) -- 1/2 cup
- Chicken stock or broth -- 4 or 5 cups

Nacatamal Filling

- Pork butt, cubed -- 3 pounds
- Salt and pepper -- to season
- Rice, soaked in warm water for 30 minutes -- 3/4 cup
- Potatoes, peeled, sliced into 1/4-inch rounds -- 1/2 pound
- Onion, sliced into 1/4-inch rounds -- 1
- Bell pepper, sliced into 1/4-inch rounds -- 2
- Tomatoes, sliced into 1/4-inch rounds -- 2
- Mint -- 1 bunch

For Assembly

- Banana leaves, hard spine removed and cut into 10x10-inch rectangles -- 12 pieces
- Aluminum foil, cut into 10x10-inch rectangles -- 12 pieces

METHOD

1. Place the masa harina, lard or shortening and salt in the bowl of an electric mixer. Blend on a low speed to incorporate the fat into the masa harina and give it a mealy texture. You may have to do this and the next step in two batches if your mixer bowl is not large enough to hold all the ingredients without overflowing.
2. With the mixer still on low speed, add the sour orange juice and enough chicken stock to make a soft, moist dough. It should be a little firmer than mashed potatoes. Increase the mixer speed to medium-high and beat for 2 to 3 minutes to incorporate some air into the masa and make it fluffier. Cover the bowl and set the masa aside to rest for at least 30 minutes.
3. Season the pork with salt and pepper. Drain the rice. Assemble all of your filling ingredients and assembly items on a large table or work surface. Gather family and friends to help in an assembly line.
4. Lay out a banana leaf square with the smooth side up. Place 1 cup of the masa in the middle of the banana leaf and, using wetted hands, spread it out a little. Put about 1/2 cup of pork on top of the masa and sprinkle 1 or 2 tablespoons of rice over the pork. Lay 1 or 2 slices of potato on top of the pork and then top with 1 or 2 pieces of onion, 1 or 2 pieces of pepper and a slice of tomato. Top it all off with a few mint leaves.
5. Fold the top edge of the banana leaf down over the filling. Bring the bottom edge of the banana leaf up over this. Then fold in both sides to make a rectangular package. Be careful not to wrap it too tightly or the filling will squeeze out. Flip the package over so it is seam side down.
6. Set the tamal in the middle of an aluminum foil square and wrap it up tightly the same way you wrapped up the banana leaf. Set aside and repeat with the remaining ingredients to make 10 to 12 nacatamales in total.
7. Add 2 or 3 inches of water to a *tamalera* or pot large enough to hold all the nacatamales. (You may have to use two pots if you don't have one big enough to hold the nacatamales in one batch.) Place a rack in the bottom or toss in enough wadded up aluminum foil to hold the nacatamales mostly out of the water. Add the nacatamales and bring to a boil over high heat. Cover tightly, reduce heat to low and steam for 3 to 4 hours. Add more water as needed to keep the pot from boiling dry.

8. Remove the nacatamales from the pot, take off their aluminum foil covering and serve hot. Each diner opens the banana leaf on his or her own nacatamal before eating.

NACATAMALES VARIATIONS

- **Masa Variations:** This recipe uses masa made from masa harina flour. If you can find fresh masa, definitely use that instead. The flavor and texture will be better. A variety of ingredients can be added to the masa do give it more flavor. Substitute milk for some or all of the chicken stock. Add some chopped, cooked bacon, along with its fat. Add a cup or two of mashed potatoes to the dough. Mix in some chopped and sautéed onions, garlic or chile peppers.
- **Meat Variations:** Use chicken instead of pork. For more flavor, season the meat with some sour orange juice, ground achiote or paprika, cumin and minced garlic.
- **Filling Variations:** Many recipes call for adding a few green olives and raisins or prunes to the filling. Other ingredients sometimes added are capers, sliced hot chiles and even pickles.
- **Vegetarian Nacatamales:** eliminate meat, use butter, shortening or vegetable oil instead of lard and water or milk instead of chicken stock. You won't find many Nicaraguans who will even touch this version.
- **Wrapping:** Banana leaves can be found in the frozen section of many Latino and Asian markets. If they aren't available in your area, you can use a double layer of aluminum foil alone. You won't get the extra flavor the banana leaves add though. In Central America, nacatamales are usually wrapped in banana leaves alone and tied like a package with twine or the spines from the banana leaves.
- **Sour Orange Substitute:** If you can't find sour orange (*naranja agria*) juice, substitute the juice of 1 orange and 2 limes.