

# Arepa & Yucca Dinner

Master list of ingredients:

2 pounds pork shoulder\* (aka Boston butt, or pork butt) this recipe is easily doubled

2 slices raw bacon, or one tablespoon bacon fat

½ cup chicken stock

1 tablespoon packed light brown sugar

1 tablespoon paprika

1 ½ teaspoon chili powder

¼ teaspoon salt

2 cups Basmati Rice

Water

1 pound frozen yucca (feeds 4 people)

Teta Woods garlic mayo

Regular plain mayo

Ketchup

Regular plain mayo

Cotija Cheese – grated

Pot or deep skillet with vegetable oil, 1 inch deep

2 1/2 cups warm water

2 cups pre-cooked white corn meal (such as P.A.N.)

1 tsp salt

Eggs – pan fried (optional) one per arepa dinner

Black or Red Beans – one can, strained

# Arepa & Yucca Dinner continued...

First things first... make the pork.

Prep: 5 Minutes

Slow Cooker: 5-6 hours on Low or 4 hours on high.

## Ingredients

2 pounds pork shoulder\* (aka Boston butt, or pork butt) this recipe is easily doubled

2 slices raw bacon, or one tablespoon bacon fat

½ cup chicken stock

1 tablespoon packed light brown sugar

1 tablespoon paprika

1 ½ teaspoon chili powder

¼ teaspoon salt

## Equipment

- Slow cooker
- Small bowl, measuring spoons, measuring cup
- Disposable gloves (optional)
- Large bowl, rubber spatula

## Method

- Place bacon strips (or bacon fat) in the bottom of the slow cooker and add chicken broth.
- Turn the slow cooker on desired cooking time.
- In a small bowl, combine the packed light brown, sugar paprika, chili powder and salt.
- Place the pork shoulder on a clean cutting board and patdry with paper towels.
- With gloved hands, rub the spice mixture over the pork shoulder generously and thoroughly.
- Place pork shoulder in slow cooker with the fatty side up.
- Once cooking time is complete, remove the pork from the cooker and place on a clean cutting board. Pull apart using two forks. Skim the fat from the drippings remaining in the slow cooker (optional), and return shredded pork to the juices.

# Arepa & Yucca Dinner continued...

Second... make the rice.

Prep: 5 Minutes

Rice Maker: About 1 hour.

Ingredients

2 cups Basmati Rice

Water

Equipment

- Rice cooker

Method

- Follow rice cooker instructions.

Third... boil the yucca and start heating the oil.

Prep: 5 Minutes

Cook Time: About 20 minutes.

Ingredients

1 pound frozen yucca (feeds 4 people)

Equipment

- Medium to large pot

Method

- Fill pot with water and bring to a boil.
- Add frozen yucca and boil (like potatoes) until fork test indicates they are tender.
- Strain

While the yucca is boiling...

- Heat up about one inch of vegetable oil in a large Dutch oven pot, or in a deep electric skillet set on 400 degrees.
- Make Sauces - refrigerate
- Grate the cheese - refrigerate

# Arepa & Yucca Dinner continued...

## Mix Sauces

### Garlic Mayo

#### Ingredients

Teta Woods garlic mayo

Regular plain mayo

#### Equipment

- Small bowl, spoon

#### Method

- Mix two mayos together to your liking. We use a 50/50 mix.

### Rosada Sauce

#### Ingredients

Ketchup

Regular plain mayo

#### Equipment

- Small bowl, spoon

#### Method

- Mix two ingredients together to your liking. We use a 50/50 mix.

# Arepa & Yucca Dinner continued...

Forth... here comes the juggling act – Fry the yucca, mix & form arepa patties, fry the eggs, and heat the beans...

## **Fry the yucca**

Cook Time: About 4-5 minutes.

### Ingredients

1 pound boiled yucca  
salt

### Equipment

- Pot or deep skillet with oil, 1 in deep, heated to 400 degrees
- Oven heated to 'warm' setting
- Baking sheet lined with foil
- Plate with layers of paper towels

### Method

- Cut the yucca into 'steak fries' and remove any thick, fibrous strands from the center.
- Fry the yucca, in batches if necessary, until golden brown, about 4-5 minutes. (use this time to mix and form the arepa patties)
- Remove yucca from oil with a slotted spoon and place on paper towels.
- Salt hot yucca like French fries.
- Transfer to foil lined baking sheet and place in warm oven.

# Arepa & Yucca Dinner continued...

## Mix and fry the Arepa Patties

Cook Time: About 4-5 minutes.

Yields 8 patties

### Ingredients

2 1/2 cups warm water

2 cups pre-cooked white corn meal (such as P.A.N.)

1 tsp salt

### Equipment

- Pot or deep skillet with oil, 1 in deep, heated to 400 degrees
- Plate for dough
- 3 tablespoon cookie dough scoop
- Plate with layers of paper towels

### Method

- Put warm water in a medium sized bowl.
- Add corn meal and salt.
- Stir and combine very thoroughly.
- Use your fingers, or a flexible rubber spatula to make sure there are no pockets of dry corn meal in the mixture.
- Using a large (3 tablespoon) cookie dough scoop, measure out arepa dough for patties – two scoops for each patty (that's 6 tablespoons per patty).
- With oiled hands, form dough into patties into roughly 4" diameter disks.
- Fry in same oil that you used for the yucca – in batches if necessary - (400 degrees) for approximately 4 minutes, or until patties are turning golden brown. (use this cooking time to fry the eggs and heat beans).
- Remove from oil with slotted spoon and place on paper-towel-lined plate.

# Arepa & Yucca Dinner continued...

## **Assembly**

Each arepa dinner can be built with personal preference... this is how we assemble ours...

On each plate, layer one arepa patty, rice, beans, pulled pork, fried egg, cheese, and desired sauce.

Serve with yucca and sauces.

Cider Boys Apple Pineapple hard cider is a great addition to this meal.

## Shortcuts:

Pulled pork can be made ahead and frozen in batches. Thaw in a covered pot on low – adding water as needed to keep the meat from becoming dry.

Also see 'Pulled Pork Tacos' for another dinner option using the same pulled pork recipe.