



By Monica Herbert

Patacones with Shredded Chicken (Patacones con Pollo Desmechado)

Today, I am sharing one of my favorite Colombian appetizers or snacks, Patacones with Shredded Chicken (Patacones con Pollo Desmechado). I used to make this with my grandmother in a wood stove when my brother and I visited them at their coffee farm in Tulua, Valle del Cauca for the summers. This is a very simple recipe and absolutely delicious! Perfect for Sunday's football games or just to share with your loved ones during lunch or dinner.

Ingredients

Shredded Chicken

2 chicken breasts, cooked

2 Tbsp vegetable oil

¼ cup chopped scallions

1 cup fresh tomatoes, chopped

1 clove garlic, minced

1 tsp ground cumin

¼ tsp salt

¼ tsp ground pepper

Patacones

3 large green plantains

1 cup vegetable oil for frying

½ tsp salt

Directions

For the shredded chicken, make a tomato sauce (guiso or sofrito): Heat the oil in a saucepan, add the tomatoes, scallions or onions, garlic, ground cumin and cook gently for about 7 minutes, stirring until softened.

Reduce the heat to low, add salt and pepper. Cook for 7 minutes more, stirring occasionally until the sauce has thickened. Check and adjust the seasoning.

Cook the Chicken and with the use of 2 forks, pull the chicken into shreds. Mix the shredded chicken with the tomato sauce and set aside.

For the patacones: Peel the plantains and cut cross-wise into 1½" slices. In a medium heavy pot, add vegetable oil and heat the oil over medium high heat.





Add the plantain slices to the heated oil in a single layer. Fry for about 3 to 4 minutes per side. Carefully remove the plantains with a slotted spoon, and place them on a plate lined with paper towels to absorb excess oil.



Let the plantain cool for 3 minutes. Then, one at a time, place a plantain slices on a piece of plastic wrap and cover with another piece of plastic wrap. With a flat pot cover, press well on the pieces of plantain, flattening them to $\frac{1}{4}$ " thickness.



Then, using tongs add them back in the hot oil in a single layer (you may need to work in batches) and fry for an additional 3 minutes on each side.



Remove the patacones with slotted spoon and transfer them to a plate lined with paper towels to absorb oil. Sprinkle with salt, to taste, and transfer to a serving plate.

Add the shredded chicken on top. Serve and enjoy.

You can find this and many other Colombian recipes at <https://www.mycolumbianrecipes.com/>