

Dominican

Breakfast & Brunch

Authentic Dominican Mangú with Los Tres Golpes

⌚ Prep: 15m

🔥 Cook: 25m

Σ Total: 40m

🍽️ 4 servings



Video ref: El sazón de mika

MISE EN PLACE / INGREDIENTS [11]

- ☐ 4 whole Green plantains, peeled and cut into 4 pieces each
- ☐ 0.5 cup Ice-cold water (for mashing)
- ☐ 4 tbsp Cold unsalted butter, cubed
- ☐ 3 tbsp Apple cider or white vinegar
- ☐ 0.5 lb Dominican frying salami, sliced into 1/4-inch rounds (Induveca)
- ☐ 4 whole Large eggs
- ☐ 6 cups Water (for boiling plantains)
- ☐ 1.5 tbsp Kosher salt
- ☐ 1 whole Large red onion, thinly sliced into rings
- ☐ 0.25 cup Neutral vegetable or corn oil (for frying and onions)
- ☐ 0.5 lb White frying cheese (Queso de Freír), sliced into slabs (Tropical)

US SUPERMARKET BRAND GUIDE

Dominican Salami: Induveca Salami Dominicano
Smoky seasoned beef-pork blend made specifically for crisp frying. • 🇵🇸 Hispanic cured meat section.

COOKING SEQUENCE & CHECKPOINTS

- 1

Boil Plantains

⌚ 20 min

Boil the 4 peeled, chopped green plantains in 6 cups water with 1.5 tbsp kosher salt for 20 minutes until completely fork-tender. Reserve 0.5 cup of the hot cooking water before draining.
✓ Checkpoint: Soft yielding plantains.
- 2

Cold Water & Butter Mash

⌚ 5 min

Mash the hot plantains vigorously with 4 tbsp cold cubed butter, alternating splashes of the reserved cooking water and 0.5 cup ice-cold water until velvet-smooth.
✓ Checkpoint: Lump-free creamy mash.
- 3

Pickled Red Onions

⌚ 4 min

Heat 1 tbsp of the frying oil in a skillet, sauté the sliced red onion rings with a pinch of salt until translucent, splash in 3 tbsp apple cider vinegar, and simmer 2 minutes until bright pink.
✓ Checkpoint: Bright pink tangy onions.
- 4

Fry 'Los Tres Golpes'

⌚ 8 min

In the remaining 3 tbsp frying oil over medium-high heat, pan-fry the 0.5 lb Dominican salami rounds and 0.5 lb sliced white frying cheese until golden-brown, then fry the 4 eggs until edges are crisp.
✓ Checkpoint: Golden cheese, crispy salami, and fried eggs.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: ≥165°F (74°C) SAFE INTERNAL COOKING AND SERVING TEMPERATURE (HOLD HOT AT ≥140°F / 60°C)**
USDA/FDA Food Safety Standard: Cook to a minimum internal temperature of 165°F (74°C) for microbiological safety. Hold cooked food hot at ≥140°F (60°C) prior to serving and refrigerate any leftovers to ≤40°F (4°C) within 2 hours to prevent bacterial spore growth.

👁️ **MASTER DONENESS CHECKPOINT:**
Velvety, cloud-soft mashed green plantains that stay tender on the plate without hardening.

🔬 **WHY IT WORKS:**
Ice-Cold Water Trick: Splashing cold water into hot mashed plantains with butter alters starch retrogradation, keeping the mangú creamy for hours.

⚠️ **TROUBLESHOOTING:**
Mangú turns rock hard: Beat in extra warm cooking water and softened butter.