



# BOLONES

(ECUADORIAN FRIED PLANTAIN BALLS)

## Ingredients:

Yield: 8-10 bolones

- 6-7 Plantains
- 1 lb bacon
- 10 oz Queso Fresco (or other cheese of your choice)
- Vegetable Oil for frying
- Salt
- A pat of butter (optional)

## Directions:

1. Slice the plantain into about inch thick rounds.
2. Fry the slices in the oil until they are golden brown and a bit crunchy. Transfer to a paper towel lined plate to let the excess oil drain off.
3. Cook the bacon. Cut the bacon into about  $\frac{1}{4}$  inch pieces. (small bite sized pieces)
4. Transfer the plantain pieces into a large bowl. Using a fork, metal masher or a smooth rock, smash the plantains until it resembles a rough dough. (They shouldn't be recognizable as slices any more.) If the plantain is not very ripe, butter may be added while smashing the plantains so they won't be too dry.
5. Break the queso fresco into small crumbles into the bowl with the plantains. Add the bacon.
6. Add salt and pepper to taste.
7. Mix all the ingredients together.
8. Take a large handful of the mixture and form it into a ball about 2-3 inches into diameter, adding more if needed.
9. Serve and enjoy!

