Main dishes / Colombia

Bandeja paisa



A tray of beans, rice, meat, crackling, egg, arepa, avocado and fried plantain.

Time 210 min **Servings** 4

What you'll need.

- [ ] 400 g Red beans — soaked overnight
- [ ] 600 g Pork belly with skin
- [ ] 400 g Minced beef
- [ ] 300 g Chorizo sausages
- [ ] 350 g Rice
- [ ] 1 piece Green plantain — for the beans
- [ ] 2 piece Ripe plantain
- [ ] 4 piece Eggs
- [ ] 4 piece Arepas
- [ ] 2 piece Avocado
- [ ] 2 piece Onions
- [ ] 3 piece Tomatoes
- [ ] 1 tsp Ground cumin
- [ ] 150 ml Vegetable oil
- [ ] Salt and pepper — to taste

Let's make it.

01 Boil the beans with the chopped green plantain for an hour and a half, until soft and thick.

02 Simmer the pork belly in salted water for forty minutes and dry it thoroughly.

03 Fry the belly skin down in deep oil until the skin blisters and crisps.

04 Make the hogao: fry the onion with the tomato and cumin, add the mince and cook it through.

05 Fry the chorizo, cook the rice and fry slices of ripe plantain to a caramel colour.

06 Cook the arepas on a dry pan and fry the eggs with runny yolks.

07 Build the tray: beans, rice, mince, chicharrón, chorizo, egg, arepa, plantain and avocado side by side.

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