

**Pastelón de Yuca**  
**Recipes by Roberto Pérez (The Urban Pílon Chef)**  
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**Pastelón de Yuca Recipe: (6-8 people)**

- 3-4 large yucas boiled at about 30 minutes or til soft. Boil in salted water
- 1/2 stick of butter
- Salt
- 1 can of evaporated milk
- 1 pound ground chicken
- Ground achiote or ground annatto seed (paprika can substitute)
- Green bell pepper
- 1 Spanish onion
- 5-6 garlic cloves
- 1 bunch of cilantro
- •salt
- Black pepper to taste
- Homemade adobo
- 1/2 cup of salsa de tomate (Spanish-style tomato sauce)
- Quality melting cheese. Mix of mozzarella and cheddar. You can also use Gruyere, Smoked Gouda, Parmesan

**Instruction:**

1. Peel yuca. You can also purchase frozen. Remove center stem of yuca. Boil yuca in salted water for 30 minutes or until soft.
2. Add softened yuca to a bowl. Add 1/2 cup of milk, butter and taste for salt. Create a smooth mash.
3. While yuca is boiling, make your picadillo or ground chicken. Add olive oil to hot pan. Add 2 heaping spoons full of sofrito. You can also add peppers, onion, garlic if you have not made sofrito
4. When sofrito is softened, add ground chicken. When chicken begins to brown, add adobo, paprika, and achiote to add color and flavor. Taste for flavor, and adjust as needed. Add 1/2 cup of “salsa de tomato” or tomato sauce and allow flavors to come together.
5. Create layers putting half of yuca mixture on bottom evenly. This will be placed in a buttered or oiled pan as we did.
6. Add one layer of cheese.
7. Add picadillo or ground chicken evenly
8. Add more cheese
9. Add second layer of yuca
10. Add cheese
11. Add “confetti” with small amount of green herbs, and add last cheese over herbs.
12. Brown in oven for 30 minutes at 350 degrees or until browned. We raised heat to 400 for 5 additional minutes in class.
13. Allow to rest for 10-15 minutes before serving.

Feeling ambitious? Do you want to make your own homemade sofrito and adobo?

## **Puerto Rican “Sofrito”**

### **INGREDIENTS**

- 1 bunch of recao/culantro (Remove stem tips)
- 1 bunch of cilantro (Remove stem tips)
- 10 ajicitos (sweet pimiento peppers, remove seeds)
- 10 garlic cloves
- 1 small yellow onion
- 1 cubanelle pepper (remove seeds)
- salt to taste

(You can also use bell peppers as alternative to ajicitos and cubanelle)

Blend in food processor, blender or mortar and pestle.

## **Homemade Adobo Seasoning**

### **INGREDIENTS**

- 2 TBSP salt (I use Kosher salt) or use 1½ for lower sodium intake.
- 1 TBSP ground black pepper
- 1 TBSP garlic powder
- 1 TBSP dried oregano
- ½ TBSP turmeric
- ½ TBSP cumin
- Optional. ½ TBSP cayenne, ground annatto seed, onion powder.

This will make enough for 1 week if you are cooking daily for a family. If you want to use less salt you can simply use 1 tbsp and not 2 tbsp. This can be stored normally as your other dry ingredients. Seasoning blend shelf life is normally 1 to 2 years. You may not become ill but it will be less potent.

### **Equipment needed:**

- Baking pan or Cast Iron Pan.
- Cutting board
- Chef knife
- Kitchen towel
- Stirring spoon
- Stock pot to boil yuca (cassava)
- Food processor or blender

**Cooking lesson with Menlo Park Library**

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<https://www.menlopark.gov/library>