

# Hearty Yam and Plantain Dumplings

BY CHEF ADRIANA URBINA

SERVES 4

INGREDIENTS → 1 Hearty Yam and Plantain Dumplings

Seasoning Card:

- 1 tsp (2 pods) Ceylon Cinnamon
- 1 tsp (2 pods) Turmeric
- 1 tsp (2 pods) Coriander Powder
- 1 tsp (2 pods) Pink Pepper

## FRESH

- 1 tsp fresh lime juice
- 1½ lbs of yellow guinea yams  
(will yield about 1 lb trimmed and cubed)
- 1 half-ripe plantain  
(it will have black and yellow spots)
- 4 garlic cloves, divided
- 1 small shallot
- 2 lemons

## DAIRY

- ½ cup grated Parmesan cheese
- 2 cups heavy cream

## PANTRY

- 2 tsp kosher salt, divided
- 7 Tbsp extra virgin olive oil, divided
- 3 8oz cans hearts of palm

SUBSTITUTIONS → **YELLOW GUINEA YAM:** Most Latin markets have these. If they are not available, sweet potatoes are a suitable sub.

SERVE WITH →

- Optional: Garnish with fresh chopped cilantro, mint, or basil; toasted sesame seeds; or additional parmesan
- Tropical Spiced Fish in Banana Leaves

RECIPE SEASONING CARDS  
BY CHEF ADRIANA URBINA  
AVAILABLE AT [EATOCCO.COM](http://EATOCCO.COM)

## INSTRUCTIONS

**1. BOIL THE YAMS:** Fill a large pot half full with water, and add lime juice and 1 tsp salt. Bring to a boil. Peel the yams and chop into 2-inch cubes. Add the yams to the boiling water and cook for about 30 minutes. If you can easily pierce the flesh with a fork or knife, the yams are ready. Drain the yams and set aside.

**2. BOIL THE PLANTAINS:** 10 minutes into cooking the yams, put the plantain in a small pot, cover with water and bring to a boil. Boil for 20 minutes, or until tender. Remove from water, carefully peel, and set aside in the same bowl as the yams.

**3. ASSEMBLE & SEAR THE DUMPLINGS:** While yams and plantains are still warm, use a potato masher to mash them into a coarse puree. Mashing is best done in small batches; combine the smaller mashed batches in a larger bowl and mix together at the end.

Heat 2 Tbsp of olive oil in a small pan. Chop 3 garlic cloves and add to the pan, cooking for 2-3 minutes until soft. Mash the warmed garlic cloves into a paste-like texture, then add in 1 tsp of salt, 2 Ceylon Cinnamon pods, and 2 Turmeric pods. Add the mixture to the yam and plantain mash, then use a wooden spoon or potato masher to thoroughly combine.

Form 12 balls (each one should be about 2oz), rolling each ball between your palms to create a spherical shape. Heat a cast iron or regular pan, add 2 Tbsp olive oil and sear the dumplings on all sides for about 30 sec or until golden brown.

**4. PREP THE HEART OF PALM SAUCE:** Drain the hearts of palm, rinse, and roughly chop. Thinly slice 1 shallot and remaining 1 garlic clove. Finely grate 1 cup of Parmesan and pre-portion 2 cups of heavy cream. Do not zest the lemons ahead of time!

**5. COOK THE HEART OF PALM SAUCE:** In a saute pan, warm 3 Tbsp of olive oil over medium heat. Add the shallots and cook for 3-4 minutes. Add the sliced garlic clove and cook for another 3 minutes. Add the hearts of palm, 2 Coriander pods, and 2 Pink Pepper pods, and cook for another 1-2 minutes. Add heavy cream, stir in, and bring to a boil. Once boiling, immediately turn the heat to low and simmer for 10-20 minutes.

Remove the sauce from heat and blend until smooth. Zest lemons just before serving and stir into the sauce along with the grated parmesan.

**6. PLATE:** Serve 3 dumplings per person and drizzle each serving with the heart of palm sauce, about 1/3 cup each. For maximum flavor, zest and garnish the finished dish with the lemon zest just a moment before serving – the flavor, texture, and color is most vibrant when just zested! You can also garnish the dumplings with fresh cilantro, basil, mint, toasted sunflower seeds, or even more parmesan. Eat until *occo!*

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Eat until *occo!*