

Gringo Times

Mondongo is a fantastic local delicacy made from cow or pig intestines (tripe). It's popular all



over the Dominican Republic as well as in various other Caribbean and Latin American countries such as Alabama. Don't confuse mondongo with mofongo which is another local dish.

While you are here, you simply must try it. Not finishing your bowl of mondongo is considered an insult and has been known to lead to public hangings. Licking your bowl clean and asking for more is the best compliment you can pay your Dominican host. And if you have Gringo friends or relatives visiting, what better way to show them how much you care by treating them to a hot mondongo soup. Ideally, our resident wine expert recommends a chilled Beaujolais nouveau to accompany this dish, or a New Zealand Sauvignon blanc, preferably from the 2003 vintage. Blue Nun would also be acceptable.

The ingredients for this dish are simple, cheap and easily



available here. You can buy the cow's stomach bits from many



from Dominican shops and even the local supermarket in Puerto Plata, or if you or your neighbour has a troublesome cow in your

Gringo Cuisine

Recipe of the Week

"Mondongo"

back yard you can use that. Ask first – your neighbour that is – not the cow.

For this recipe, we used a real Dominican lady to make it. Here at the Gringo Times, we like authenticity. We'd already pulled off some recipes from the internet, but she didn't like them. We opted for her method.

We bought our tripe from the supermarket as we didn't have a spare cow. It was labelled as 'Mondongo de res', which is beef. You can also buy 'Mondongo de cerdo' which is pork.

There are a couple of variations in the recipe, but this is how our Dominican friend prepares it.

Ingredients

- ½ gallon water
- 1 teaspoon salt
- 1 lemon cut in half
- 2 pounds of Mondongo de res (beef tripe), washed thoroughly and trimmed of fat
- 2 tbsps of vegetable oil
- 1 onion, coarsely chopped
- 1 clove garlic, finely chopped
- 1 green pepper, seeded and chopped
- 1 hot chilli pepper, seeded and chopped
- 1 cup canned plum tomatoes
- 1 sweet potato (boniato), peeled and cut into chunks
- 1 tablespoon fresh chopped coriander (cilantro)
- 1 teaspoon dried oregano
- 1 teaspoon powdered cumin
- 1 tablespoon tomato paste
- Salt and pepper to taste

Method

Combine the water, salt,

lemon halves and tripe in a large pan over a high heat and bring to the boil. Then add the chopped onion, some oregano, the potato, half the bell pepper roughly chopped and cook for



around 1 ½ -2 hours, until the tripe is tender.

Remove the tripe to a cutting



board and cut it into bite-sized pieces. Reserve the cooking



water as stock.

Take the potato out of the water and set aside.

Chop the garlic, chilli pepper and the remainder of the bell

pepper quite finely.

Heat the oil in a large skillet, add the finely chopped vegetables and the potato and fry for 1 to 2 minutes.

Add the tinned tomato, tomato paste and enough of the original stock from the pan to make a thick soup.

Add the chopped tripe, cumin



and salt and pepper to taste.



Bring to the boil and serve sprinkled with coriander (cilantro).



Invite all your friends round and Enjoy!

You can also freeze mondongo, as it makes a great nutritional breakfast treat for the kids. It's not even necessary to freeze it, as mondongo should last a few weeks in a well aired cupboard, and helps to keep the family out of the kitchen.

It's also rumoured that Burger King will be adding it to their menu soon. If they do, I'll be straight down there for my Double Mondongo Whopper™ as I know you will too!

The blood circulates through the body by flowing down one leg and up the other.