

Dominican Republic: Pasteles en Hoja with Yucca and Plantain

This classic Dominican Republic dish is made with yucca and plantain, which are resiliently grown in many communities in the project. The plantain is able to provide both shape and flavour to the dish, as well as the necessary shade and soil nutrients that agroforestry systems need to develop their full productive potential thanks to the combination of species. *Pasteles en Hoja* are not only a Christmas tradition, but also reflect the AbE approach of using ingredients grown in sustainable agroforestry systems that protect the soil and support biodiversity. These ecosystems enhance the soil's ability to withstand harsh weather, allowing the tradition to be carried on from generation to generation

Ingredient:

- 2 cups grated yucca
- 1 cup grated green plantain
- 1 cup cooked and mashed pumpkin
- ½ cup coconut milk
- ½ cup achiote oil (for colour)
- 1 cup cooked and shredded beef or chicken (optional)
- Salt and pepper to taste
- Banana leaves for wrapping



Instructions:

1. **Preparing the dough:** Mix the yucca, grated plantain and pumpkin with the coconut milk and achiote oil. Add salt and pepper to taste and knead until smooth.
2. **Forming the cakes:** Place a portion of the dough in the centre of each plantain leaf, add a small amount of meat (if you decide to include it) and close the leaf, folding and tying it tightly.
3. **Cooking:** Cook the cakes in boiling salted water for about 45-60 minutes.