



Episode 6: Dominican Cuisine Part II

In part 2 of our conversation about Dominican cooking, we talk about the versatility of the *plátano* in Dominican cooking. We also settle the controversy over 2 dishes claimed by another island but have their roots in the DR.

Vocabulario del episodio (Vocabulary from the Episode)

Tostones - fried plantains



Plátanos verdes - green plantains





Plátanos maduros - ripe plantains (yellow)



Guineo - banana





Montaditos - tostones layered with friend salami, avocado, and/or cheese



Sancocho - stew with meats and root vegetables





Yautia - root vegetable



Ñame - yam

