

What Is Sofrito

Simply put, sofrito is a fragrant blend of herbs and spices used throughout the Caribbean, especially Puerto Rico, Cuba and the Dominican Republic. In most cases, it is the foundation upon which the rest of the recipe is built. Sofrito mixtures range in color from green to orange to bright red. They also range in flavor from mild to pungent to spicy. Hundreds of recipes from the Latin Caribbean and other Latin American countries begin by instructing the cook to “make a sofrito”. It’s the first thing to go into the pot and establishes the flavor and seasoning of what’s to come. It is integral to Latin cuisine.

Sofrito

Technically speaking, sofrito isn’t even a recipe or dish; it’s a method of cooking. Which explains why there are so many variations based on social and cultural factors. Flavor and ingredient preferences differ based on country or island and other socio-cultural differences. The way sofrito is consumed can vary as much as the recipe itself. Ordinarily, sofrito is the first thing to go into the pot and then it is lightly sautéed to bring out the flavors of the aromatics. However, in some recipes, the sofrito isn’t added until the end of the cooking time. Sometimes the sofrito is turned into a topping sauce for grilled meats and fish.

Chef Billy’s Green Sofrito Base

- 10-20 Garlic Fresh Peeled (the more the better!)
 - 4 seeded green bell peppers
 - 3 bunch of fresh Cilantro
 - 2 Yellow onions cut into chunks
 - 1 tablespoon Salt
 - ¼ cup olive oil (enough to blend smooth)
1. Mix all ingredients cut into large pieces in a food processor/blender.
 2. Process until the desired consistency.
 3. Add salt and oil and mix well.
 4. Then pour the mixture into a container with lid and store in refrigerator.
 5. Use it to spice up their favorite foods.

***** Special notes and variations: kick up recipe for spice and add fresh jalapenos or your favorite hot peppers.**