Watch the video and fill in the blank with the correct word





TEACHER WIL

Hi everybody this is Diana from sweety Salado and today we're gonna make a Sancocho trifasico which is a meat Colombian soup that has beef pork and chicken and as always the link for this recipe can be found in the info box below the video so first we're gonna heat some oil in a very large pot over medium heat then we're gonna add either or yellow onion and we're gonna cook this for about three minutes [Music] now we're gonna add green onion and and we're gonna cook it for about one minute [Music] now we're gonna add chopped we're gonna give it a stir and cook this for about three to five minutes or until it's really soft to this we're going to add bouillon which is optional ground and color and we're gonna form a paste into this face we're going to add water just to loosen it up and get all those bits aren't stuck at the bottom of the pot [Music] now we're gonna add our we're gonna start with our beef you can use any kind of beef that you want now we're gonna add lots of water we're gonna give it a stir cover it up bring it to a boil on high heat and then reduce the heat to medium-low and cook this for about ten minutes after ten minutes we're gonna add the rest of the meat I'm adding pork ribs and I'm also adding drumsticks without the skin but you can use any kind of chicken or pork that you want we're also gonna add bits and pieces of a green plantain and I'm also gonna add half of a whole plantain because this is what I'm gonna use to make a puree we're gonna cover it up once again bring it to a boil on high heat then reduce the heat to medium-low and cook this for about 35 minutes after 35 minutes we're gonna take out that whole green plantain and then we're gonna place it in a blender with about half a cup of that soup to make your puree this is gonna thicken the soup and it's also gonna add lots of flavor [Music] [Music] going back to the soup we're gonna add potatoes I'm using red potatoes that have been quartered we're also gonna add cassava I'm using frozen cassava then we're going to add that plantain puree we're gonna give it a serve and if you notice the you need more water what you can do is add more water to the blender and then that way you can get all that puree plantain back in the pot now we season it with salt and pepper to taste cover the pot bring it to a boil once again once it's boiling we reduce this to medium-low and cook this for about 15 to 20 minutes or until the potatoes in the cassava are tender and that's it to serve it we're gonna place a piece of pork potatoes green plantain now we're gonna add the beef the chicken and lots and lots of that delicious broth and then we finish it up with chopped [Music] if you enjoyed this video and this recipe please give it a thumbs up share it with your friends and if you haven't done so already subscribe to this channel so you can be up to date with all the new videos that I upload in the future thanks everybody for watching and I hope to see you next time bye bye my bridge.

LIVEWORKSHEETS