PREPARATION OF BASS
Typical Nicaraguan food

The baho is one of those typical foods of our country, Nicaragua **that has a time and date to eat them**, yes, on weekends it is legal to eat it. Although there are places throughout the capital where it is prepared all week long (such as in the aisles of the **Oriental Market**), its consumption is more intense on weekends.

This **dish** is rich in all its aspects, its ingredients demonstrate the strong characteristics of the **Nicaraguan indigenous roots which is its origin**.

Ingredients

- 3 pounds beef brisket
- ½ cabbage
- 2 pounds of yucca
- 4 green bananas
- 4 ripe bananas
- 6 tomatoes
- 1 head of garlic
- 4 onions,
- 4 sour oranges (the juice)
- Banana or chagüite leaves
- (amount necessary to cover
- a deep pot)

Preparation:

First, add salt to the meat, minced garlic, and chopped onion and let it marinate for 2 to 3 days or put it on a piece of string exposed to the sun to dry.

Second, you must wash and peel the yuca, green and ripe bananas to cut them in half. The onion is made in large slices as are the tomatoes.

Then place the cassava in the pot around it, making sure there is a hole in the center, place the green bananas and the ripe ones on top, lastly the meat in the middle and put the onion and tomatoes on top, close the leaves above all the ingredients, finally around and outside the leaves pour 3 cups of water.

Let it boil for 2 hours, lower the heat and let it cook for 1 hour more directly.

Served with cabbage and tomato salad on top.

By Exequiel Tercero Medina

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