



Sofrito

COCINA BORICUA

Sofrito 101

Master the base “the one blend that makes every Puerto Rican dish taste like home.

FREE PREVIEW — 3 OF 8 PAGES

BEFORE YOU COOK

Why sofrito, and the swap sheet

Sofrito is the soul of Puerto Rican cooking. Before the rice hits the pot, sofrito is there â€” frying gently until the kitchen smells like the island. And yes, you can build it on the mainland.

Ingredient	Its job	Mainland swap
Culantro (recao)	The backbone â€” boricua perfume	2 parts cilantro + a little green bell pepper
AjÃ±es dulces	Sweet, fruity, no heat	Extra green bell pepper
Green + red bell pepper	Color + sweetness	Any sweet pepper
Onion & garlic	Depth + punch	Never swap these â€” the law
Olive oil	Binder + freezer friend	Any neutral oil
Vinegar + salt	Brightness + shelf life	Lime juice shortens fridge life

Pro tip: pulse, rest, pulse. Over-blending heats the base and turns it brown; coarse and bright green is the goal.

THE FULL GUIDE

This is just page 3 of 8.

The complete Sofrito 101 walks you through the whole base, start to finish:

- The master recipe, step by step
- The 20-minute batch plan for a month of flavor
- Storage, shelf life & troubleshooting
- What one cube unlocks â€” a whole table of dishes

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Hecho con corazÃ³n y sofrito.