

Fried Green Plantains

Swick

Makes 4 servings | Active Time: 30 minutes | Total Time: 35 minutes

Making the Dish

In a deep fry pan, heat about 1-inch of vegetable oil on medium- high heat until it's hot. (To test oil temp, dip the handle of a wooden spoon into the oil. When the oil bubbles around the stick, it's ready for frying.)

In batches, fry plantain pieces about 2-3 minutes on both sides, until lightly golden. Remove plantains from pan and drain on a plate covered with 2 or 3 paper towels.

While still warm, use the bottom of a glass to flatten the fried plantain pieces until they are about 1/4-inch thick.

Heat oil again and return flat- tened plantain rounds into the oil. Fry until both sides are golden brown, about 2-3 minutes per side. Drain on a paper towel- lined plate.

Season with salt to taste and serve with refried beans, cashew cream, or chilero hot sauce for dipping.

Step 1: Making the Dish

- 4 green plantains, each cut on an angle into 4 to 5 pieces
- salt