

Fried Plantains

Always wash the plantains before use. Peel the skin off by cutting the back of it from top to bottom.

Cut the plantain in half and slice down the middle into four or five slices.

Heat of the frying pan on medium heat and add coconut oil. Add a tiny piece of plantain to make sure oil is hot enough. When the test piece turns brown, start adding your plantain slices.

Turn the heat down some so the plantains do not brown too quickly.

Once they are brown and caramelized, flip the plantain pieces.

When they are ready, place the fried pieces on a plate covered with paper towels.

Continue adding pieces to the frying pan until you are finished.

The plantains are ready to eat.



How to buy, ripen, use and prepare plantains:

Pick out plantains that are yellow in color and have some dark spots. They will look like ripe bananas. If the plantain is yellow but doesn't have dark spots, they are not ripe enough. If they are dark all over and seem soft to the touch, they probably won't cook properly. You want them to be firm. You don't want them to be mushy.

You may not always be able to get the plantain as you would like it to be so make sure to get plantains several days before you plan to use them, so that you can place them in a box to ripen quicker and better. Do not put them in the refrigerator because cold temperatures will preserve its current state. It needs to be kept at room temperature.