

PLANTAIN

This is a quick and easy appetizer that everyone will love.

Ingredients:

2 Ripe Plantain
½ cooking oil

Preparation 1:

Peel plantain and slice diagonally ¼” inch thick. Heat oil in a frying pan at medium heat. Carefully place plantains into the pan cook until golden brown. Turn and allow other side to fry. Remove from heat and drain on a paper towel. Place on a platter with a doyle and watch them disappear.

If you happen to only find green plantains, do not panic we have a recipe for them.

Ingredients:

2 Green Plantain
½ cup cooking oil
salt
1 cup ketchup
1 small clove garlic
1 tablespoon mayonnaise
1 teaspoon hot sauce

Preparation 2:

Peel plantain and slice into ½” pieces. Heat oil in frying pan at medium heat. Carefully place plantain into frying pan and fry on both sides to a light brown. Remove from oil using two strong flat object place fried plantain between them and mash plantain flat. Place back into frying pan and fry until golden brown. Once all plantain are done sprinkle with salt. Crush garlic, blend with ketchup, mayonnaise and hot sauce. Place in a bowl and serve along side plantain.