

Twice Fried Green Plantains (Tostones)

Ingredients:

Vegetable oil for frying
Green plantains, peeled and cut into 2" slices
Salt

Preparation:

Peel the plantain: Cut the ends of each plantain off with a sharp knife. Use the knife to cut through the peel only the entire length of the plantain. Loosen the peel along the cut and remove peel by hand.

Cut the plantain into slices, about 2" to 2 1/2" wide.

Fill a large skillet a third full with the oil and heat over medium-high heat to a temperature of about 300 degrees F. Once the oil is hot, fry the plantain slices for approximately 3 to 5 minutes, turning once, just long enough to make them soft.

Remove the plantains and drain on paper towels. Use a plantain press or a brown paper bag folded over to smash the plantains to about half their thickness.

Let the oil come back to a higher temperature -- this time about 375 degrees F. Fry once again, turning occasionally, until golden brown on both sides.

Remove and use paper towels to absorb excess oil.

Sprinkle with salt and serve along with the Cuban Mojo Sauce and the Tomatillo / Avocado dip.

