



## Maduros (Sweet Plantains)

Sweet, a little salty, and so easy to make! Originally from parts of Central America and the Caribbean, maduros – or sweet plantains – only need 3 ingredients!

### INGREDIENTS

¼-½ cup canola

Grape seed or vegetable oil

2 large ripe (black) plantains,  
peeled and cut into 1-inch slices  
at an angle

Kosher salt

**Directions:** Please note that a grown-up should perform or supervise all steps in this recipe.

**STEP 1** Line a sheet pan with paper towels or use a wire rack. Heat oil in a skillet over medium heat until oil is simmering.

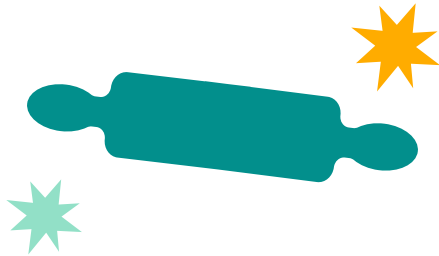
**STEP 2** Carefully add plantains in a single layer so the oil doesn't splatter. Oil should cover halfway up the side of plantain slices

**STEP 3** Cook plantains for 2 to 4 minutes until golden brown on first side. Flip slices, and cook 1 to 2 minutes on the second side until golden brown.

**STEP 4** Reduce heat to low and continue cooking until slices are dark golden brown and caramelized around edges (2 to 4 minutes longer, flipping as needed).



**STEP 5** Turn off heat. Remove plantains from skillet, and place on paper-towel-lined tray with slotted spoon. Blot away extra oil on top if desired, and season immediately with kosher salt.



FOLD



Do you have a special family recipe?  
Use this blank recipe card to write down the ingredients and steps together!