



## Tostones (Fried Green Plantains)

So nice, we fried them twice! Tostones are a dish originally from parts of Central America and the Caribbean. To create this golden, crispy dish, plantains must be green, fried, smashed, then fried again!

### INGREDIENTS

2 quarts vegetable oil

4 green plantains, peeled and cut into 1-inch slices

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.

**STEP 2** Heat oil in a large pot to 300°F (use an instant-read thermometer or a deep-fry thermometer to monitor heat), then carefully add sliced plantains. Use a slotted spoon to gently turn the plantains over a few times and stir to cook them evenly.

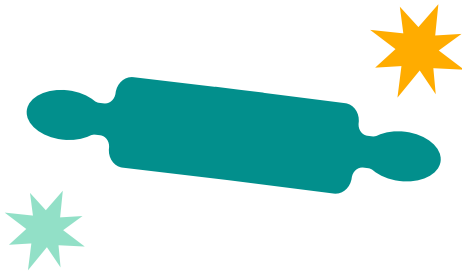
**STEP 3** When plantains begin to turn pale gold (about 5 minutes), remove them with a slotted spoon, and place on the paper towel or wire rack lined sheet tray. Turn off the heat, and allow plantain pieces to briefly cool.



**STEP 4** Use tongs (the pieces are hot!) to place one plantain piece at a time on a cutting board. Smash the plantain with a tostonera, or the bottom of a glass jar, can of beans, or anything similar.

**STEP 5** Heat the oil again, this time until 375 F, then return plantains to the oil and cook until crisp and golden brown. Stir and flip with a slotted spoon.

**STEP 6** When plantains are ready (another 5 to 10 minutes), remove them from oil and place on the paper towels or wire rack. Immediately season with salt. Serve while hot.



FOLD



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