

Fried Plantain

This activity includes hot oil

Plantains are part of the banana family and are sometimes called cooking bananas. However, plantains are bigger and longer with bright green color (which turns black as they ripen) and thicker skin. They are eaten in East and West Africa, as well as South and Central America and the Caribbean.

Traditional Fried Plantain Instructions:

What you'll need:

- 2-3 plantains
- Vegetable oil
- Salt
- Cinnamon sugar

What to do:

- Using a sharp knife cut both ends off the plantain. This will make it easy to grab the skin of the plantains. Slit a shallow line down the long seam of the plantain.
- Cut plantains in diagonal pieces or medium sized slices and set aside.
- Heat oil in a large heavy bottom pan on medium-high. Test if oil is ready by carefully trying out a slice of plantain. Oil should bubble before proceeding with the rest. If not wait another minute or two. If oil is too hot turn off gas and wait for about 2 minutes before proceeding.
- Fry in batches, turning once, until plantains have reached desired colour (brown) about 2 –3 minutes per side.
- Then continue cooking, turning plantains occasionally, until soft and deep golden brown, 5–7 minutes.
- Carefully remove plantains with slotted spoon and transfer to a paper towel-lined plate or tray.
- Season with salt and/or cinnamon sugar, if desired. Serve hot.

Fried Plantain Instructions (less oil):

What you'll need:

- 2-3 plantains
- Cooking oil spray
- Salt and pepper

What to do:

- Coat a large frying pan with cooking oil spray. Spray the tops of the plantains with a generous layer of oil spray and sprinkle with salt and freshly ground pepper
- Let the plantains fry on medium heat, shaking the frying pan to redistribute them every few minutes
- As the plantains brown, continue to add more cooking oil spray, salt and pepper (if needed) until they have reached the desired colour and texture.