

Tostones

Tostones are twice fried green plantains or green bananas that make a great appetizer or side dish. I first experimented with green banana tostones when I lived in Japan; plantains were not to be found in Japan. Green banana tostones have a different flavor and texture. I suggest trying both. In Puerto Rico, "Tostones" are usually served in restaurants to accompany seafood dishes, but they go well with any Puerto Rican dish. This recipe calls for salt or Goya Adobo. Adobo is a seasoning that is found in Puerto Rico's supermarkets, and can be found in most Hispanic specialty stores. If you can't find "Adobo" use a bit of salt and granulated garlic to season the tostones.

Ingredients:

3 Green Plantains or Green Bananas
Vegetable Oil
Salt or Goya Adobo

Directions:

Peel the plantains or bananas under running water --this is to prevent staining your hands. Green plantains will not peel as easily as ripe ones. The water will also help the peeling process. At a 45 degree angle to the plantain, cut into 1 inch slices. Place in a bowl of water to prevent them from turning brown. In a deep fryer or frying pan, heat 1 1/2 inches of vegetable oil to approximately 325 degrees (F). Remove the plantains from water, placing them in a bowl with paper towel. Remove as much water from them before placing them in the hot oil. If you don't dry them off well, the oil will splatter. Use caution during this step! Cook in oil until they are firm. Approximately 3 minutes. Remove from oil and let cool off. Now you must flatten them. In Puerto Rico we use a "Tostonera" to flatten them, however a 10x5 inch piece of aluminium paper works fine. Placing the firmed plantains in the middle of the aluminium paper, press down with the palm of your hand to flatten. Place on plate and season with salt or adobo. Now you're ready to fry until golden brown. Serve as snack or side dish.