



## “Bannann Bouyi” Boiled Plantains

### **Ingredients:**

Plantains  
Water  
Vinegar  
Salt

### **Directions:**

1. After rinsing off the plantain, cut off both ends. Then, run a knife from the top of the plantain to the bottom, lengthwise, to form a slit through the skin. Based on your preference, you can cut the plantain in half width-wise, or leave it as is.
2. In a pot large enough to hold the amount of plantains you plan to boil, put in the plantains and add water to fully submerge them. Salt the water to taste (the same way you would salt pasta water when boiling pasta) and add 1 tbsp. of white vinegar. As a general rule of thumb, you can add 1 tbsp. of vinegar to every 2 – 4 plantains. More than 4 plantains definitely require more water and you can add additional vinegar as needed.
3. Place lid on pot and bring up to a roaring boil on high heat. Boil the plantains for about 30 minutes. Another rule of thumb, the greener the plantain, the longer it takes to cook vs. if it has begun to ripen, then it may take a little less time.
4. Once it has cooked through (you can easily pierce it with a fork) turn off the heat. Peel off the skin. Using a butter knife, run it across the plantain on all sides to remove its first layer. Either do this when the plantain has become cool enough to handle, or place it under cold running water for a few seconds at a time while you scrape off the outer layer. Once the outer layer is removed, the plantains are ready to be enjoyed any way you'd like.