



“Bannann Peze” Fried Plantains

Ingredients:

Plantain(s)
2 cups Vegetable Oil (more or less)
2 tsps. Lime **OR** Lemon Juice
 $\frac{3}{4}$ tsp Salt
 $\frac{1}{2}$ cup Water

Directions:

1. Depending on the size of the pot or pan, pour enough vegetable oil for it to be high enough to fully submerge the plantains while frying. At least a minimum of 1 inch high. Turn the heat up to a medium and continue with the following steps.
2. Cut off the ends and peel the plantains. The lighter they are, the easier they are to peel. They will also be sweeter as well. For these, I recommend the green ones that are starting to slightly ripen. They'll have a lighter green appearance, will be easier to peel, and won't be sweet.
3. After peeling the plantains, cut them diagonally making about 5 - 6 pieces per plantain. Set them aside as you wait for the oil to reach temperature. Don't peel them too far in advance. If they sit out too long, they will begin to oxidize and turn brown.
4. Once the oil has reached temperature at medium heat, add in a few of the plantain pieces being sure not to overcrowd the pan. Fry for 4 - 6 minutes. Fry long enough to soften the plantains but not to completely brown them. The riper the plantains, the less time it needs. The greener the plantains, the more time it needs.
5. While the plantains fry, prepare the salt water solution: In a bowl, add $\frac{1}{2}$ cup of water, $\frac{3}{4}$ tsp. salt, and 2 tsp. lime or lemon juice. It can either be fresh squeezed or from concentrate. Mix it until the salt dissolves and set aside.
6. After plantains have fried, remove them from the oil and place on a paper towel lined plate. Using a plantain presser, or the smooth underside of a bowl, flatten each piece of plantain.
7. The temperature of the oil must be increased to HIGH heat. Once temperature of oil has reached to high, dip each individual piece of plantain into the salt water mixture for about a second or two and place directly into the hot oil. IT WILL SPLATTER so please be careful. Fry for about 2 - 4 minutes, until the plantains are golden brown and crispy.
8. Once fried, remove from hot oil and place on paper towel lined plate to absorb any excess oil. Serve immediately.