

FRIED PLANTAIN RECIPE

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Pan fried overripe plantain is truly global recipe enjoyed in many cultures around the world. fried plantain is enjoyed in many Latin American and Caribbean countries. The golden-brown goodness of fried plantain can be enjoyed with any meal and as a snack. My ideal plate is Nigerian jollof rice, a bit of red stew, and shrimp. But do not limit yourself to enjoying fried plantain only with Nigerian cuisine. It goes well with many Asian, Caribbean, and South American flavors, as well!

Prep Time - 5 Minutes

Cook Time - 10 Minutes

Total Time - 15 Minutes

Servings - 6 Servings

Ingredients

- 4 Very ripe plantains
- Vegetable oil or another oil with a high smoke point

How to Pick Ripe Plantains for Frying:

1. First of all, do away with your thoughts about picking regular bananas because we're looking for PLANTAINS.
2. Look for plantains with skin that is yellowed, browned, and blackened. Do not worry, it probably isn't bruised. Do not, I repeat, do not under any circumstances, choose plantain that is still green!



3. Touch the skin. It will get darker, tougher, and thinner the closer the plantain is ripeness.
4. Pick up the plantain. It should feel a bit heavy for its size.
5. Gently squeeze the plantain. It should be easy to squeeze. If it gives way to mush, it's too far gone.
6. If you will not be frying plantain right away, then it is OK for it not to be in prime condition. Just let it sit on your counter for a few days until it is ready.

The fresh plantain should be on its way to spoilage (but not spoiled) in order to get the best, sweetest flavor from your fried plantain.

Instructions

1. Fill a pan or skillet about 2 inches deep with oil and heat over medium-high flame for about 5 minutes. The oil will start "moving" when it's ready.
2. Meanwhile, skin and cut plantain into slices about 1-inch thick. (I slice mine on a bias cut.) Add a sheet of newspaper or paper towel to a plate to help drain oil from finished product and set aside.
3. Add plantain slices to hot oil to cook. Depending on your pan size, you'll likely have to cook in batches to avoid crowding the pan (which would slow down the cooking time).
4. Allow the slices to cook for about 5 minutes then flip. The bottoms of each slice should be golden brown, if not, flip back and cook a bit longer. Repeat on the opposite side then remove plantain from oil and place onto paper towel-lined plate.
5. Repeat with remaining slices until finished. Salt to taste. Enjoy!