

Cooking with Chef BJ



Fried Plantains

Serves:

4 servings as a side dish

Ingredients

- 2 cups water
- 3 cloves garlic, smashed
- 2 teaspoons kosher salt, plus extra for seasoning
- 1 1/2 cups vegetable or canola oil
- 2 green plantains

Directions

Combine water, garlic and salt in medium size glass bowl and set aside.

In a large (12-inch) sauté pan, heat oil to 325 degrees F. Peel plantains and slice crosswise into 1-inch pieces. Carefully add plantains to oil and fry until golden yellow in color, about 1 to 1 1/2 minutes per side. (The oil should come halfway up the side of the plantain). With a spider or slotted spoon, remove the plantains from the pan and place them on a cookie sheet lined with parchment paper, standing them on their ends. With the back of a wide, wooden spatula, press each piece of plantain down to half its original size. Then place the plantains in the water and let soak for 1 minute. Remove and pat dry with a tea towel to remove excess water.

Bring oil back up to 325 degrees F and return plantains to pan and cook until golden brown, approximately 2 to 4 minutes per side. Remove to a dish lined with paper towels, and sprinkle with salt, if desired. Serve immediately.