

Fried Plantains



Ingredients

4 plantains

½ cup oil of choice

(vegetable, canola, coconut)

Salt, to taste

Pinch of flour (to test oil)

Utensils

Measuring cups and spoons

Knife

Cutting Board

Deep Frying Pan

Tongs

Plate with paper towel



Recipe Instructions

Step 1: Prep

Prep your cutting station with a damp cloth and cutting board.

Remove skins from plantains.

Chop into disks. The thickness is your preference!

Line a plate with a paper towel.

Step 2: Heat Oil

Heat your oil in a deep frying pan over medium heat.

You want the oil to be about 350°

To test the oil, toss a pinch of flour into the oil. If it bubbles and cracks, it is ready! If it just floats, test again in a few minutes.

Step 3: Fry

Carefully place plantain chips in hot oil and cook for about 4 minutes on each side, using tongs to flip.

Cook until your desired color and crispiness.

Step 4: Finish

Once plantain chips are cooked to your liking, use tongs to place onto your paper towel lined plate.

Sprinkle with salt.

Step 5: More!

Repeat the frying process until you have made your desired amount of chips.

For something more sweet, try sprinkling with some cinnamon sugar!

Step 6: Serve and Enjoy!

Serve and Enjoy!

These chips can be stored in an airtight container for 4 days.



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Kitchen Safety Tips:

Always use a **pot holder!**

Let people in your home know that you will be using the **stove.**

Use **the claw** method when using a knife to avoid any accidents.