

Haitian-Style Fried Plantains (Brian Keck)

2 to 4 green plantains
1 c. oil
1 T. vinegar
1 T. salt
½ t. granulated garlic
1 c. hot water

Peel plantains and cut at an angle into 5 pieces each. Place oil in a deep frying pan on medium heat. In a small bowl, mix vinegar, salt, garlic, and water; set aside. Place cut plantains in hot oil. Cook plantains for 4 to 7 minutes on each side. Remove plantains with slotted spoon. Flatten plantains using a plantain smasher (tostonera). If no plantain smasher is available, use the bottom of a glass. Smash each slice until they are about ½” thick. Soak them in the water-vinegar mixture and place them in oil. Fry on each side until plantains are brown and crispy. Remove them and drain on paper towel to remove excess oil. Serve hot.