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Maduros (Fried Sweet Plantains)

Serves: 4-6	Calories per serving:
Prep time: 10 min	Cook time: 30 min
4 plátanos maduros	Paso 1: Recortar los extremos de los plátanos. Pelar y cortar en diagonal en trozos de 1".
2-3 tazas de aceite Azúcar o sal a gusto	Calentar el aceite en una sartén esmaltada a fuego medio-alto. Para verificar si el aceite está listo, coloque cuidadosamente una pieza de plátano en el aceite. Si burbujea, el aceite está listo. Trabaje en lotes, cocinando 6-8 piezas a la vez. Cocine durante 2-4 minutos por lado. Transfiera a un plato forrado con toalla de papel o a una hoja de galletas. Espolvorear con sal y/o azúcar, si se desea.

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Maduros (Fried Sweet Plantains)

Serves: 4-6	Calories per serving:
Prep time: 10 min	Cook time: 30 min
4 very ripe plantains	Step 1: Trim the ends of the plantains. Peel and cut diagonally into 1" pieces.
2-3 cups oil Salt and/or sugar to taste	Step 2: Heat oil in an enameled pan over medium-high heat. To check if oil is ready, carefully place one plantain piece in the oil. If it bubbles, the oil is ready. Work in batches, cooking 6-8 pieces at a time. Cook for 2-4 minutes per side. Transfer to a paper towel-lined plate or cookie sheet. Sprinkle with salt and/or sugar, if desired.

Equipment needed: knives, cutting boards, enameled pan, burner, slotted spoon, paper-towels, cookie sheet