

Tostones with Garlic Herb Oil



Ingredients

1 green plantain
2-3 cups of vegetable or canola oil for frying
1 clove garlic, minced
3 tbsp. fruity olive oil
juice from ½ lime or to taste
2 tbsp. minced fresh parsley
2 tbsp. minced fresh cilantro or chives
large pinch of crushed red pepper
kosher salt

Procedure

1. Slice off the top and bottom of the plantain, so the meat is just barely exposed.
2. Using a sharp paring knife cut through the tough outer skin. Slice through the skin only, not the meat. Slice in the middle of the ridges from top to bottom. Slide your thumb in these slots and push off the peel.
3. Heat vegetable oil until 325°F in a sauce pan that is taller than it is wide. Make sure there is twice the amount of space than oil to account for displacement.
4. Slice the plantain into approximate 1 inch chunks. When the oil is hot carefully drop all the plantains pieces into the hot oil. Fry until they are cooked through and soft. Remove one from the oil, and insert paring knife. If it inserts easily, remove them from the oil, and drain on a paper towel.
5. These need to be flattened when they are still warm. Use a tostone press. If you do not have one, lay down a piece of plastic wrap, and cover with another piece. Using a ceramic plate, press down flat until the tostone is about 1/8 to ¼ inch thick. Repeat for all pieces.
6. Refry all pieces until they are crispy, about 1-2 minutes.
7. Remove from oil and immediately sprinkle with salt. Squeeze with lime juice. Put into a mixing bowl for tossing.
8. In a different sauté pan and heat the garlic with the olive oil until very fragrant. Pour over tostones. Add herbs and crushed red pepper. Add salt if needed.
9. Toss well, and serve immediately.

Serves 1-2 people as an appetizer

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