

Patacones/ Tostones (Fried Green Plantains)



Recipe
competition
winner

Ingredients:

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Green plantains

Sunflower oil

Salt



Eatwise

Patacones/ Tostones (Fried Green Plantains)

SERVING:
2-3 PEOPLE

PREPARATION TIME:
5 MINUTES

COOKING TIME:
25 MINUTES

Serving:

Each plantain makes approximately 10 patacones, depending on its size.

A typical serving is about 2-3 patacones per person as a side dish.

For a main snack portion, plan for 5-6 patacones per person.

Method:

- 1. Peel and Slice:** Begin by peeling the plantains and cutting them into thick slices, about 1.5 cm each.
- 2. First Fry:** Heat sunflower oil over medium heat in a frying pan, ensuring there's enough oil to cover the plantain slices.
Fry until they start turning yellow but avoid browning them too much.
- 3. Flatten:** Remove the slices from the pan and flatten them using a utensil such as a pataconera, tostonera, mortar, or even the bottom of a glass.
- 4. Season and Fry Again:** Sprinkle with salt, then fry them again for about 2 more minutes until they are golden and crispy.
- 5. Final Touch:** Remove from the pan, drain again on kitchen paper and add more salt if needed.
- 6. Serve:** Enjoy them hot or at room temperature, accompanied by chilli sauce (ají) or any dip of your choice as fresh salsa (pico de gallo/ encurtido), guacamole etc.