



TOSTONES

SNACKING AROUND THE WORLD: DOMINICAN REPUBLIC

INGREDIENTS

2 unripe plantains

1/2 cup canola oil

1 tbsp salt (or more, to taste)

STEPS

Step 1 Peel the plantains and cut into 1 inch slices.

Step 2 In a deep frying pan heat the oil and fry the plantains till golden.

Step 3 Use a slotted spoon to remove plantains from the oil. Then flatten the plantains using a tostonera to about 1/4". If you don't have a tostonera, use a small plate and press down to smash.

Step 4 Fry the plantains again until golden yellow on both sides. Add salt to taste and serve immediately.