

Fried Plantain - *Plátanos Machos Fritos*

Ingredients

- 2 ripe plantains
- 2 tbsp vegetable oil



Trim both ends of the plantains, and remove peel (photo below, left). Slice into rounds, diagonally for ovals, or as shown below, right, cut across in half, then slice each half lengthwise into four to five slices:



Warm up oil in a large frying pan over medium heat. Arrange plantain slices in a single layer in the pan, and allow to cook until golden brown (photo below left). Do not leave unattended since they may burn quickly; flip to brown the other side (photo below, right):



Serve as an appetizer with Mexican or sour cream, or as a side with beans and white rice, as shown at the top.