

INGREDIENTS:

- **2–3 green (unripe) plantains**
- **Vegetable oil, for frying**
- **Salt, to taste**
- **Optional: garlic salt or dipping sauce (like garlic mojo)**



Recipe: Puerto Rican Tostones

INSTRUCTIONS:

1. **Peel the Plantains:**
2. **Cut off both ends of each plantain. Make a shallow slit along the length of the skin and use your fingers or a spoon to pry off the peel.**
3. **Slice:**
4. **Cut the peeled plantains into 1-inch thick rounds.**
5. **First Fry:**
6. **Heat about 1 inch of oil in a deep skillet over medium heat. Once hot (about 350°F/175°C), add the plantain slices in batches. Fry for 2–3 minutes per side, or until they are just golden and slightly soft. Remove and drain on paper towels.**
7. **Flatten:**
8. **Using a tostonera (plantain press) or the bottom of a flat cup or plate, gently flatten each fried plantain slice to about 1/4-inch thick.**
9. **Second Fry:**
10. **Return the flattened plantains to the hot oil. Fry again for 1–2 minutes per side, or until crispy and golden brown. Remove and drain on paper towels.**
11. **Season:**
12. **While still hot, sprinkle the tostones with salt (or garlic salt for extra flavor).**
13. **Serve:**
14. **Enjoy immediately with your favorite dipping sauce, such as garlic mojo or Mayo ketchup.**

Tip: Tostones are best served fresh and hot for maximum crispiness!