

Tostones

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Altered for AIP by Mary Ann Hastings CookingForYourLifestyle.com

Ingredients:

2 green plantains

Olive oil-enough to cover bottom of pan to a ¼ inch

Salt (to taste)

1. Peel the green plantains and cut them into 1 inch to 1 1/2-inch rounds. If you don't want the plantains to turn black while you are peeling them and waiting for the oil to heat up, place the sliced plantain in a bowl and cover with water. If you cover them with water, make sure you drain and blot water off before you put them in the hot oil. Otherwise, you will have a hot popping oil mess.

3. Carefully add the sliced plantains to the hot oil, working in small batches so as not to overcrowd the pan, which will cause the oil's temperature to lower. Fry the slices for about 1-2 minutes on each side, until they are lightly colored and thoroughly cooked. Using a slotted spoon, transfer the green plantains to a dinner plate with a paper towel on it.

4. Now you're ready to flatten the plantains and turn them into tostones. I use two saucers sprayed with coconut oil as my "tostonera", but you can buy "real" one in a Latin supermarket or some Walmarts. However you do it, the key is to flatten to about ¼-1/2 inch thick. This way they'll be crispy on the outside and tender on the inside.

5. Return the flattened plantain slices to the oil and fry until they're crisp and golden, about a minute on each side. Remove from the oil using a slotted spoon, drain again on paper towel, sprinkle with salt, and serve immediately.

6. While you have the oil out, you can fry the plantains once, flatten them, and then put them on a cookie sheet with a piece of parchment paper on it and flash freeze the once-fried plantains. When the tostones are frozen enough not to stick together, place them in a freezer bag to use at another time. That way, if you want a quick snack, just pull those plantains out of the freezer and put into a skillet with a little hot oil and fry them up. No need to thaw the plantain first. They will thaw quickly as they fry.

Dipping sauces: "traditional" – ketchup and mayo mixed together. It should have a pinkish look to it, but it depends on how you want your sauce to taste-more tomato-ish or more on the mayo side. Some folks also use a salsa and mayo mixed together.

Avocado – for AIP followers – mashed avocado, with salt and lemon or lime juice to taste.