



## Tostones



2-4 servings



45 minutes

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### INGREDIENTS

- 2 green plantains
- 4 cloves garlic, minced
- Water
- Vegetable oil, for frying
- Salt to taste

### DIRECTIONS

1. Peel the plantains by cutting off the ends and slicing the peel lengthwise. Remove the peel and cut the plantains into slices (across the width, not length) about 1 inch thick.
2. In a bowl, combine the chopped garlic with enough water to cover the plantain slices. Let the plantains soak in the garlic water for about 15-20 minutes.
3. After soaking, drain the plantains and pat them dry with paper towels.
4. Heat vegetable oil in a frying pan over medium heat until it reaches about 350°F (175°C).
5. Carefully add the plantain slices to the hot oil, frying them for about 2-3 minutes on each side or until they are golden brown and crispy.
6. Remove the fried plantain slices from the oil and place them on a paper towel-lined plate to drain excess oil.
7. Using the flat side of a meat tenderizer, flatten each fried plantain slice into a thin disk.

### DIRECTIONS CONTINUED

8. Return the flattened plantains to the hot oil and fry them again for another 1-2 minutes on each side, or until they are crisp and golden brown.
9. Remove the tostones from the oil and place them on a paper towel-lined plate to drain any remaining oil.
10. While still warm, sprinkle the tostones with salt to taste and serve as a delicious appetizer or side dish.

**NOTE:**

**For extra goodness, top with guacamole, or salsa!**