

Name: _____

Date: _____

Learn About The Caribbean:

How to Make Tostones (Twice-Fried Plantains)

What you will need:

- 2 green (unripe) plantains (about 6 ounces each)
- Vegetable or canola oil, for frying
- Salt, to taste
- A large flat bottomed cup or tostonera (a wooden press for plantains)

How to make Tostones:

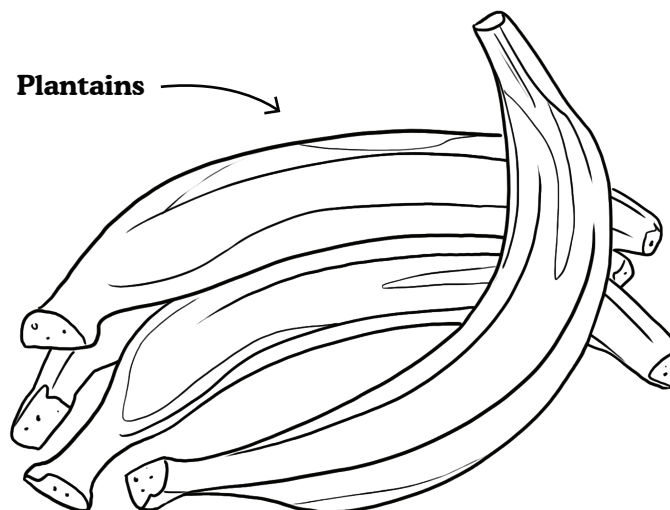
1. Using a knife, cut both ends off plantain. Then cut the peel lengthwise trying not to cut directly into the plantain itself. Once the peel is slightly cut, kids can peel it off revealing the plantain. If the peel is too hard to take off, you can use a spoon to lift the edges. Slice the plantain crosswise into 1-inch circles (you will get about 8 pieces per plantain).

2. In a large pan, heat the vegetable oil over medium heat and bring to a simmer. Add the plantains, flat-side down and fry for one minute on each side or until they turn lightly golden.

3. With the heat still on, transfer each plantain to a cutting board. One plantain piece at a time, ask your child to help flatten each one by pressing down right in the center using a large flat-bottomed cup or a tostonera. Be sure to gently press each plantain evenly to about half an inch thick. This is great activity for strengthening motor skills for little hands!

4. Once pieces are flattened, pan-fry a second time until they are golden-brown. About 1 to 2 minutes per side.

5. Place the tostones on a paper towel to cool and remove extra oil. While they are still hot, add a sprinkle of salt. Serve while hot or warm! Now you have tostones!



Note to grownups:

This recipe is intended for adults. Involve children by asking them to count ingredients, peel and flatten the plantain. All cooking should be done by an adult.