

Fried Plantain Recipe (Plátanos Fritos)

Ingredientes (Ingredients):

- Plantain – *Plátano macho*
- Oil – *Aceite*
- Beans – *Frijoles*
- Cheese – *Queso*
- Condensed milk – *Leche condensada*
- Salt – *Sal*
- Rice – *Arroz*



Pasos (Steps):

1. Peel the plantains. You can do it just like we taught you with the “tostones”.
2. Cut the plantain in diagonal slices.
3. Pour oil in a pan, put the slices there and fry them completely, but make sure they don't get burned. And do not smash the plantains. “Plátanos fritos” should stay cut in diagonal slices. You can also serve them with condensed milk or even on top of the rice.
4. Take them out of the pan and put them on a paper towel or a napkin to get all the excess of oil removed.
5. Plate them. Just like with the “tostones”, “plátanos fritos” can work on their own, as dessert or as a side dish. It's especially common to add condensed milk on top of them or to put them on top of your rice.

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Fried Plantain Recipe (Tostones or Patacones)

Ingredientes (Ingredients):

- Plantain – *Plátano macho*
- Oil – *Aceite*
- Beans – *Frijoles*
- Cheese – *Queso*
- Condensed milk – *Leche condensada*
- Salt – *Sal*
- Rice – *Arroz*



Pasos (Steps):

1. Peel the plantains. For this you can cut a couple of vertical lines with a knife all along the banana. This will make it easier for you to use your hands to peel the plantain.
2. Cut the plantain in slices of around 3 cm.
3. Pour oil in a pan, put the slices there and fry them slightly from all sides. Make sure they don't fry too much; they just have to look light yellow, not too burned.
4. Once they're ready, take them out of the pan and put them on a paper towel or a napkin. So the remains of oil are absorbed.
5. Put one slice on wax paper. Then, carefully smash it with a cup, a dish or anything helpful until it looks like a thin circle, like a cracker.
6. Repeat step 5 with all the plantain slices.
7. Now that you have all the plantain circles, fry them again. They don't have to get burned, but they can be more fried this time.
8. When they're ready, take them out of the pan and, once again, put them on a paper towel to absorb the oil.
9. Time to plate them! How do you want them? They can be served as side dishes. For example: Add them next to an egg. It's also common to serve them with beans or rice. You can also put some cheese or even a sauce on top of them. If you prefer them for dessert, add condensed milk on top; it tastes delicious! If you want something simpler, just add some salt.

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