



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## RECIPE

Hero Vegetable: **Plantains**

### **Maduros (Sweet Fried Plantains)**

**Ingredients:**

4 very ripe plantains  
1 ½ cups vegetable oil

**Directions:**

Choose a pot or deep pan so that the oil sits 1-2 inches deep. Heat the oil over medium high heat. To tell if the plantains are ripe enough to use, the plantain should be yellow turning black, somewhat soft with some firmness, not overly mushy so you can handle them with ease. Slice off the ends then peel the remaining skin of the plantains. Slice diagonally into four pieces each.

Fry the plantains in small batches in the hot oil. (If you're using a deep fryer, carefully give the plantains a stir with a pair of tongs so they don't stick together) Fry about 2 minutes on each side so they caramelize to a bright golden brown with caramelized edges. If the plantains are browning too quickly lower the heat slightly and wait a minute for the oil to cool down before frying the next batch. If you prefer the more well-done version of maduros, you'll want to let them brown for another couple minutes. Set the maduros on paper towels to drain and cool only slightly. Serve warm.

\*Maduros are often served as a side dish in the Caribbean islands and in much of South America. Its natural sweetness compliments a variety of meats, seafood, rice and beans. If you've never cooked sweet plantains before, you should know that the green stage of the plantain is very starchy, no sweetness. The plantain will go from green to yellow, then yellow to black. Black being the most mature stage. Unlike the traditional banana we are used to here in the states, black does not mean it has gone bad. The plantain is actually at its sweetest.