



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Plantains**

Plantain Chips

Ingredients:

2-3 green plantains
2 cups vegetable oil
Salt to taste (optional)

Directions:

Heat the oil over medium high heat in a small pot so the oil is at least 1-2 inches deep. Slice the plantains into thin slices. The thinner the slice the crispier the chip. Using a mandolin is helpful in this case. You'll get consistent sized chips and slicing is much faster.

Check if the oil is ready by dropping in a slice of plantain. If it sizzles and begins to float to the top quickly, the oil is ready. Drop a small handful of plantain slices in the oil. Give it a quick stir so the chips don't stick together. Remove with a slotted spoon or spider once they float to the top. Place on paper towels and sprinkle with a little salt. Repeat for the remaining chips.

*You can use very green plantains for this recipe or you can use yellow firm plantains. The difference is the resulting flavor. The green plantain will give you a starchier bland flavor so you'd want to sprinkle with salt or other spice for added flavor. The yellow plantain will give you a sweeter banana like flavor so you probably want to enjoy the natural sweetness versus adding salt.

**Enjoy these chips with a variety of sauces such as mayo-ketchup, criollo garlic sauce, cilantro or sweet chile sauce.