



TOSTONES are a favourite side-dish in the Dominican Republic, made from green (unripe) or slightly yellow (barely ripe) plantain. Plantains are cheap and easily available in the DR and you'll often see trucks piled high delivering them to the colmados (local shops). They look pretty much like big green bananas and you can often find them in larger supermarkets in North America and Europe as well.

This is an easy recipe, so there's no excuse for not trying this one!

#### Ingredients required:

1. 3 or 4 plantains
2. Enough olive or vegetable oil to one-third fill a pan
3. Salt (or maple syrup) to taste

#### The steps in sequence are:

1. Cut into 1" slices
2. Fry both sides until golden brown
3. Take out and flatten
4. Fry again for a couple of minutes
5. Take, out, season and eat

#### The process in detail:

1. To prepare the plantain, you need to peel them and cut



into 1" slices. If the plantains are very green, the easiest way is to make a cut lengthways down the plantain with a sharp knife. Then cut each plantain into 1" slices before peeling (or breaking) off the skin from each slice. You



could also try cutting the slices diagonally in order to make the slices wider.

2. Heat the oil in a heavy pan or skillet over a medium high heat, and add the plantain slices when the oil is hot enough to sizzle. Fry in batches to avoid crowding the pan. Turn each slice after 2-3 minutes or when golden brown. When both sides



are golden, transfer the plantains to paper towels to drain.

3. Here's the fun bit! With the

# Gringo Cuisine

Recipe of the Week

## "Tostones"

plantains on a flat surface, squash each slice down to 1/3" thick with a flat-bottomed glass



or similar.

4. Now bring the temperature of the oil up again, and transfer the plantains back into the oil. Fry on a slightly higher tempera-



ture, turning occasionally for 2-3 minutes or until golden brown on both sides.

5. Remove and drain on paper towels

Sprinkle with salt to taste.

As an interesting alternative,



you can turn this dish into a tasty desert, simply by using slightly more ripe plantains (yellowier), and then adding maple syrup to serve instead of salt. The riper plantains have a much sweeter flavour.

*Recipe kindly provided by Gringa Altamita.*

Note: The Gringo Times cannot take any responsibility if your tostones don't turn out as well as our's did. The lovely Gringa Altamita who provided this information doesn't like cooking much and was rail-roaded into providing this recipe. We hope you enjoy it!

If you'd like to submit a recipe, email it to [editor@gringo-times.com](mailto:editor@gringo-times.com). In order to ensure it gets published, it helps if you can provide a ready cooked sample for the editor to try out - and a crate of beer to wash it down with.

