

Sautéed Sweet Plantains Tajaditas Dulces de Platano

Jacob · 29/09/2024



Prep Time

15 mins

Dificult

Medium

Servings

6

Description

Platanos or plantains are cooking bananas. They are extremely popular in South America and the Caribbean. This easy plantain side dish adds a nice sweetness to any meal. Use plantains with heavy black spotting to a fully black skin. Try it in place of a potato side dish with your meal; you'll like it.

Ingredients

- - ¼ cup peanut oil for frying - 2 tablespoons butter - 3 yellow plantains (very ripe)
- peeled and cut in 1-inch-thick slices - 3 tablespoons brown sugar - ¼ teaspoon salt (Optional)

Instructions

1. Round up all your ingredients
2. and heat peanut oil and butter in a large skillet over medium-high heat until butter begins to sizzle. Dotdash Meredith Food Studios Gently toss plantain slices with brown sugar
3. then place into hot oil. Fry until plantains begin to turn golden brown
4. then turn over
5. and continue frying until caramelized
6. about 2 minutes per side. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Drain plantains on a paper towel-lined plate and sprinkle with salt before serving. Dotdash Meredith Food Studios Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
7. ingredient density
8. and specific type of oil used.