

# Fried Sweet Plantains:

Recipe courtesy of *I Cuban*

momlogic.com

## Ingredients:

3 very ripe plantains (heavy black spotting to a fully black skin)

Vegetable shortening to cover half the thickness of plantains

## Preparation:

Peel and bias cut (diagonal) into one-inch thick slices. Heat the oil until medium hot--a drop of water will sizzle.

Fry the pieces briefly, about a minute or two per side. Reduce heat to low and continue cooking, turning occasionally until they are brown and caramelized.

VARIATION: Some people like to lightly roll the plantains in white or brown sugar before frying.