



# Hispanic American Heritage



[www.thompsonhospitality.com](http://www.thompsonhospitality.com)

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## Ingredients

Plantains:  
Allow at least half a  
plantain per person.

## Fried Plantains

Serve as a side dish or as a dessert.

Leaving the skin on, cut them in half,  
and put them into a pan of cold water.  
Bring them to a boil. It should take about 15  
minutes of boiling to get them to the proper degree of softness.

Drain them, cool them, and cut the two halves of each in two again. Gently  
press them flat and sauté them in hot butter. Drain on paper towel and serve. If you  
want, you can sprinkle them with confectioners' sugar or drizzle them with honey.

From [www.recipegoldmine.com](http://www.recipegoldmine.com)

