Recipe

Fried plantain chips

Aaron, our up-and-coming chef, shows us how to make crispy fried plantain chips. Ask an adult to help with the hot oil.

About 25 mins | Serves 4 | Easy

Ingredients

- 2 green plantains
- Vegetable oil, for frying (about 2 cups / 475 ml)
- Kosher salt

Steps

1. Cut off the ends of each plantain.
2. Peel the plantains.
3. Cut the plantains in half crosswise.
4. Using a mandoline slicer, slice the plantains lengthwise into planks □inch thick.
5. Line a rimmed baking sheet with a wire rack. Fill a large, deep cast-iron or stainless steel skillet halfway with oil and set it over medium-high heat until the oil reaches 350°F (175°C).
6. Working in batches so the pan isn't crowded, add the plantain slices and fry, turning now and then, until golden brown all over, about 4 minutes in total.

7. Using a spider or slotted spoon, move the plantains to the wire rack to drain. Season right away with salt. Repeat with the remaining slices.