

# Jamaican Fried Plantains

**AUTHOR** Shani Jones-Taye **YIELDS:** Serves 4 to 6 **TOTAL TIME** 25 mins

Perfectly cooked plantains require ripe fruit. If these starchy cooking bananas stand until they have plenty of black spots and are moderately soft, they'll fry up nice and sweet and caramelize outside as they brown. The recipe comes from Shani Jones-Taye, co-owner of Peaches Patties, a Jamaican food kiosk in San Francisco.

## Ingredients

- 4 large semi-ripe plantains (with quite a few black spots; 2 1/3 lbs.)
- 1 1/2 cups vegetable oil
- Salt (optional)

## Nutrition Facts

Servings 0

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### Amount Per Serving

**Calories** 180Calories from Fat 24

**% Daily Value \***

**Total Fat** 5.1g8%

**Saturated Fat** 0.8g4%

**Cholesterol** 0.0mg0%

**Sodium** 4.6mg1%

**Total Carbohydrate** 37g13%

**Dietary Fiber** 2.6g11%

**Protein** 1.5g3%

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<https://youtu.be/Oy9JMtkH4Rs>

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

## How to Make It

Peel plantains and cut each into 4 or 5 pieces on a diagonal.

Heat oil in a large frying pan over medium heat until rippling about 5 minutes. Add plantains and cook, turning as needed, until deep golden brown and softened but not squishy when squeezed with tongs, about 15 minutes. Drain on paper towels. Sprinkle with salt if you like.