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## Plantain Chips

*(Puerto Rico & Most other Islands)*

From the Manassas Gourmet Club dinner  
Caribbean Cruise  
You can use green bananas if plantains  
are not available

Quantity	Ingredients	Preparation Notes
	Green or half ripe Plantains	• Peel the plantains under running water to avoid staining hands
	Oil for Deep Frying	• Slice crosswise as thinly as possible
	Salt	• Drop into salted ice water and let stand for 30 minutes
	Ice Water	• Drain and dry on paper towels
		• Fry until delicately browned in deep oil heated to 370 degrees on a frying thermometer
		• Drain on paper towels
		• Sprinkle with salt