

Patacones (Ecuadorian Fried Green Plantain)

Submitted by Becky Desrosiers, St. John Neumann Catholic Church



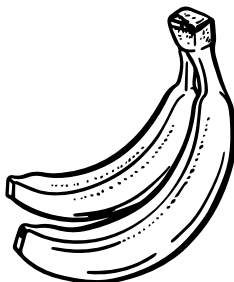
INGREDIENTS:

For patacones:

- 4 green plantains
- salt
- oil for frying

For curtido (pickled onion topping)

- 1 red onion
- 1 tomato
- salt
- 2 limes
- 1/2 bunch of cilantro



DIRECTIONS

1. Cut the plantains into 2-3 in. slices
2. Pour the oil into a deep frying pan over medium heat (a deep fryers works as well!)
3. Once the oil is warm, place the plantains chunks into the oil (the oil should not be bubbling vigorously, it should bubble lightly)
4. Fry the plantain until it is golden brown and softened
5. Using a slotted spoon, take the plantain chunks and place on a paper towel lined plate

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6. Using a slotted spoon, take the plantain chunks and place on a paper towel lined plate
7. Using the bottom of a glass, or other flat object, smash each plantain slice into a coin shape
8. Heat oil over medium high heat
9. Place plantain coins into the oil, frying them for about a minute on each side
10. Using a slotted spoon, remove the coins and place them on a paper towel lined plate
11. Sprinkle with salt to taste. Enjoy!



Curtido is a pickled onion salad traditionally placed on top of the patacones:

1. Thinly slice the red onion and quickly pass it through ice cold water to get rid of any bitterness
2. Small dice the tomato
3. Finely chop the cilantro
4. Combine cilantro, onion, tomato, lime juice in a bowl and add salt to taste
5. Enjoy!