

PLANTAIN

Plantains are a member of the banana family, but unlike a traditional banana, are often treated similarly to a potato in cooking. They have a harder, starchier composition. They are usually larger in size than a traditional banana as well.

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BEST COOKING METHODS

- FRY
- ROAST
- BAKE

RECIPE IDEAS

- PANCAKE BATTER
- GRILLED
- DRIED CHIPS

STORAGE

- Best stored at room temperature until desired ripeness is reached.
- Peel and mash black plantains, add 1tbsp lemon juice for each plantain. Seal in an airtight container and freeze for up to 3 months.

NUTRITION

- Excellent source of Vitamin C.
- Good source of Vitamin B-6, Magnesium, and Potassium.

TIPS

- Plantains go through three stages of ripeness:
 1. Green plantains make a great potato substitute.
 2. Yellow plantains have a sweeter flavor, so can be treated more like a fruit.
 3. Black plantains are best used in baking.

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PLANTAIN MASH WITH BACON

- 1 onion, minced
- 1 **tbsp** garlic, minced
- 6 slices of bacon, minced
- 1/2 **c** chicken stock (broth)
- 1 1/4 **c** whole milk
- 5 ripe plantains, roughly chopped
- 1 **tsp** salt
- 1 **tsp** black pepper

HEAT A LARGE SKILLET OVER MEDIUM HEAT AND ADD THE ONION, GARLIC, AND BACON. COOK UNTIL THE BACON IS CRISP, ABOUT 12 TO 15 MINUTES. STIR IN THE STOCK AND 1 CUP OF THE MILK. REDUCE THE HEAT TO MEDIUM-LOW AND ADD THE PLANTAINS. SIMMER THE MIXTURE UNTIL THE PLANTAINS ARE TENDER, ABOUT 5 TO 8 MINUTES. ADD THE REMAINING 1/4 CUP OF MILK AND THE SALT AND PEPPER. MASH TOGETHER UNTIL WELL COMBINED. TRANSFER TO A SERVING BOWL AND SERVE.

(ADAPTED FROM WWW.FOODNETWORK.COM)

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