

Plantain



Plantains are in the banana family, but are bigger, denser and starchier than the typical soft, sweet banana. They can be used when green, yellow, or even completely black, and are often cooked like potatoes. Like bananas, plantains are high in potassium and fiber, but are a more versatile ingredient included in both sweet and savory dishes.

Cooking

Plantains can be used at any stage of ripeness. Green plantains are hardest and least sweet, so they are best boiled or baked like potatoes. Yellow plantains are sweeter and softer, great fried or mashed in sweet or savory dishes. Black plantains are the sweetest and softest, but still not as sweet or soft as a banana. These ripe plantains are best used in baking recipes.



Storage

Plantains are best stored at room temperature until desired ripeness is reached. Their thick skins keep the fruit from damage, so don't worry about bruises or spots. To extend life further, pre-cut or mash, and seal in an airtight bag or container, then freeze for up to 3 months.



Plantain Mash with Bacon

Serves: 4 Total Time: 20 minutes

Ingredients:

- 1 onion, minced
- 1 tbsp garlic (2-3 cloves), minced
- 6 slices of bacon, minced
- ½ cup chicken stock or broth
- 1¼ cup whole milk
- 5 ripe plantains, roughly chopped
- Salt & pepper to taste

Directions:

1. Heat a large skillet over medium heat, and add onion, garlic, and bacon. Cook until the bacon is crisp, 8-10 minutes.
2. Stir in stock and 1 cup of milk.
3. Reduce heat to medium low and add plantains. Simmer until plantains are tender, 5 to 8 minutes.
4. Add remaining ¼ cup of milk and mash until well combined. Taste and season with salt and pepper as needed. Serve warm.
5. Leftovers can be refrigerated up to 1 week, or frozen up to 3 months.

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a food rescue



Quick Tips:

- Add black beans or chicken to make a filling meal.
- Fry leftovers in 1 tsp oil until warm, then serve with a fried egg on top for a hearty breakfast!

