

Mashed Green Plantain

Dis food item, rich in carbohydrates and iron is the perfect pick me up and is extremely filling. It is very easy to prepare, even for those who feel dem useless in the kitchen.

Mashed green plantain, goes well with processed fish such as salt fish and salt mackerel, all other types of meat and just about any vegetable stew. As we say in Jamaica "It eat good!"

What Yuh A Go Need
Four fingers of green plantain
Salt and black or white pepper (to taste)
Crushed garlic or garlic powder
What Yuh A Go Do

Rake the plantain with a fork (allows spices to penetrate). Cut the plantain into four or five pieces (cylindrical shapes). Rub on salt, blackpepper, powdered seasonings. Heat oil in a frying pan. Place pieces of plantain in oil and fry till crisp. Turn and fry the other side.

Remove from hot oil and with a potato crusher or a large fork, squash each piece of plantain till it becomes flat. Rub on some crushed garlic. Put the plantains back in the hot oil, frying the pieces on both sides. Remove from heat and drain on absorbent paper. Serve hot or warm. Can be kept unrefridgerated for two days.