

Ultra-Crispy Twice-Fried Green Plantains (Tostones)

Prep: 10m

Cook: 15m

Total: 25m

4 servings



MISE EN PLACE / INGREDIENTS

[6]

- ☐ 3 whole Green plantains
- ☐ 3 cloves, **grated** Garlic cloves, grated or crushed (for garlic water and mojo)
- ☐ 2 cups Cold water (for garlic-salt bath)
- ☐ 2 **tbsp** Fresh lime juice (for mojo dipping sauce)
- ☐ 2 cups High-heat cooking oil (**Mazola**)
- ☐ 1.5 **tsp** Flaky sea salt

US SUPERMARKET BRAND GUIDE

Green Plantains: Fresh Green Plantains

High starch for crispy snap. • Produce aisle.

COOKING SEQUENCE & CHECKPOINTS

1

Par-Fry

6 min

Fry 1-inch rounds at 325°F for 3 minutes per side until tender.

✓ Checkpoint: Tender center.

2

Smash Flat

3 min

Press firmly with tostonera between plastic sheets.

✓ Checkpoint: Uniform flat disks.

3

Flash Fry

4 min

Dip 2 seconds in garlic salt water and fry at 375°F for 2 minutes.

✓ Checkpoint: Blistered golden edges.

4

Salt

1 min

Drain on wire rack and sprinkle flaky salt.

✓ Checkpoint: Crunchy hot tostones.

FOOD SAFETY & INTERNAL TEMPERATURE: OIL SAFETY ≤400°F SMOKE POINT | TEXTURE TARGET: 325°F (163°C) 1ST FRY & 375°F (190°C) 2ND CRISP FRY

Hot Oil & Splatter Safety: Use a neutral oil with a high smoke point ≥400°F (204°C) such as canola or corn oil; shake excess garlic-salt water off flattened plantains before the second 375°F fry to prevent hot oil boil-over.

MASTER DONENESS CHECKPOINT:

Jagged golden edges that snap loudly when bitten.

WHY IT WORKS:

Garlic Brine Dip: A quick dip in cold brine creates micro-air pockets for extra shatter in hot oil.

TROUBLESHOOTING:

Shatters when pressed: Ensure fork pierces center easily before pressing.