

BLACK ARTISTS+ DESIGNERS GUILD

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P O T T E R Y B A R N

GREEN PLANTAIN CRISPS

YIELD

Makes plenty

INGREDIENTS

3 green plantains

8 cups cold water
(to use as a bath)

8 cups sunflower oil
(plus more if needed)

“Use only the greenest green plantain to achieve a consistent outcome, which will be a crunchy, slightly sweet crisp. They are hard to stop eating once one has started, much like potato chips, for which they are substitutes in many areas of the world.”

JACOB FODIO TODD, from Bryant Terry’s *Black Food*

Slice off the tops and tails of the plantains and slice down the spines.

Forcefully but carefully remove the skins, using the side of a small knife to lift each skin, and then use your thumb joint to coax off the skin. Keep an eye on your fingernail, as plantain skin under the nail can be painful.

Placing the plantains horizontally, finely slice (using a knife or mandoline) into 1/8" strips; try to ensure the strips do not get any more than 1/4" wide. Fill a tub or bowl with the water and add the plantain strips.

In a large heavy-bottomed pot, heat the oil to 375° F.

Rinse and drain the sliced plantains in a colander, then pat dry with paper towels so they do not spit when they go into the hot oil.

Fry the plantains in batches for 3 to 5 minutes, until they begin to brown. Remove each batch using a slotted spoon and place on a plate lined with paper towels to drain. (The crisps will color further on removal, so remove just as they take on a brownish hint.)

Place on a serving dish lined with paper towels to remove excess oil and pat dry. Allow to cool, remove the paper towels, and season with salt. It is good to season the crisps with salt while they are still hot, so the salt sticks to the crisps.

To store, put in a bag or a sealed container. They will last up to two weeks, or at least that’s the longest that we’ve managed to keep them uneaten.

Find the joy. Spread the love.