

Tostones (Fried Green Plantains)

Crispy twice-fried plantains (tostones) recipe. Golden, crunchy Latin American snack served with dipping sauces. Easy step-by-step instructions included.

20	30	50	4	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Tostones (Fried Green Plantains)

Ingredients

- 2 cup water
- 1 cup canola oil
- 1 tsp salt

Instructions

- 1 Prepare the plantains**

Cut off both ends of each plantain with a sharp knife. Make shallow lengthwise cuts through the skin from top to bottom, then carefully peel away the skin in sections.
- 2** Slice the peeled plantains into 1-inch thick rounds.
- 3 Soak in salt water**

Combine 2 cups water with 1 teaspoon salt in a large bowl, stirring until salt completely dissolves. Add plantain slices and soak for 10 minutes to remove excess starch.
- 4** Drain plantains in a colander and pat completely dry with paper towels to prevent oil splatter.
- 5 First frying**

Heat 1 cup oil in a large heavy skillet over medium heat until it reaches 350°F (175°C) on a thermometer, about 5-7 minutes.
- 6** Add plantain slices to the hot oil in a single layer, working in batches if necessary. Fry for 4-5 minutes per side until softened and pale golden but not crispy.
- 7** Transfer fried plantains to a paper towel-lined plate using tongs and let cool for 2-3 minutes until safe to handle.
- 8 Flatten the plantains**

Place each plantain slice between two pieces of parchment paper or use a tostonera to gently flatten to about 1/4-inch thickness, creating a round disc shape.
- 9 Second frying**

Reheat the oil over medium-high heat to 375°F (190°C), about 2-3 minutes. Carefully add the flattened plantains back to the hot oil.
- 10** Fry for 2-3 minutes per side until deep golden brown and crispy, with edges that sound hollow when tapped.

- 11 Transfer finished tostones to a paper towel-lined plate and immediately season with salt while hot. Serve within 5 minutes for best crispiness.

Tips

Choose plantains that are completely green and firm to the touch - any yellow coloring indicates ripening that will make your tostones soggy rather than crispy.

Maintain oil temperature between 350-375°F (175-190°C) throughout both frying steps for optimal results. Use a thermometer for accuracy, or test with a small piece of plantain.

Don't overcrowd the pan when frying - work in batches to maintain oil temperature and ensure even cooking.

Pat plantain slices completely dry after soaking in salt water to prevent oil splattering and ensure proper crisping.

Use a tostonera, plate, or flat-bottomed glass to gently flatten the plantains after the first frying - don't press too hard or they'll fall apart.

Season with salt immediately after the final frying while the tostones are still hot so the seasoning adheres properly.

Drain tostones on paper towels or a wire rack between frying steps to remove excess oil and prevent sogginess.

Serve immediately for the best texture - tostones lose their crispiness quickly as they cool.