

Fried Plantains and Roasted Peanuts

INGREDIENTS

Roasted Peanuts

- 24-ounces raw peanuts, peeled
- 2 tablespoons salt
- 1 quart water

Fried Plantains

- 2-3 ripe plantains
- 1-inch fresh ginger, peeled
- 1/2 white onion, chopped
- 1 large bell pepper, chopped
- 2-3 cloves of garlic, minced
- 1/2-2 teaspoons of cayenne
- 1 tomato, chopped
- salt and pepper, to taste
- oil for frying

DIRECTIONS

Roasted Peanuts

1. In a medium pot, bring water and salt to a boil. Add peanuts and boil for 10 minutes.
2. Drain peanuts and dry completely.
3. In a frying pan over medium-high heat, dry roast the peanuts, stirring often, until they're a medium brown color.

Fried Plantains

1. Using a sharp knife, cut a shallow line down the length of the plantain and peel back the skin. Chop plantains into 1-inch cubes and place in a medium bowl.
2. In blender, blend ginger, 1/2 of the green pepper, 1/4 of the onion, garlic cloves, salt, pepper, and cayenne pepper.
3. Pour all but 2 tablespoons of the blended ingredients onto the chopped plantains and then add the tomato, 1/4 of the onion, 1/4 of the bell pepper to the blender and blend again. Add salt and pepper, to taste, to the tomato mixture and pour into a small bowl.
4. Toss the cubed plantain cubes to coat well. Optional: place plantains in the fridge for 30-60 minutes before cooking.
5. Heat 1.5-2 inches of oil in a large skillet and fry until plantains are golden brown, about 10 minutes.
6. Serve fried plantain with blended tomato sauce and about 1 cup of roasted peanuts.

Recipe provided by Leticia Nortey, Expanding Boundaries International.

