







Perfect Palate

http://perfect-palate.herokuapp.com/recipes/fried-plantain



Perfect Palate

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Fried Plantain V



African

Click here for video tutorial

Servings: 4

Preparation Time: 5 minutes Cooking Time: 15 minutes

Recipe by Jesse

Ingredients

3 tablespoons of Vegetable Oil

4 Ripe Plantains

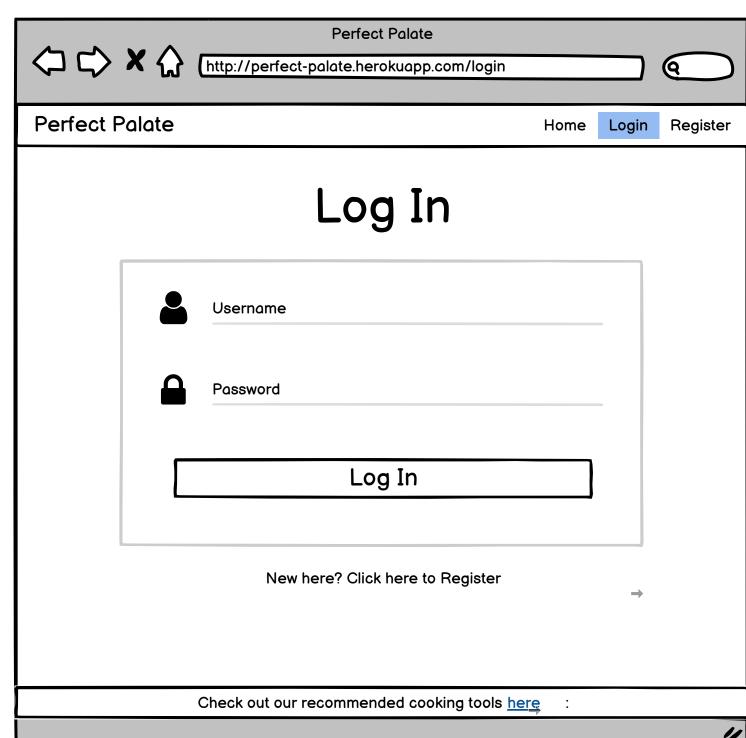
Method

- 1. Gather the ingredients.
- 2. Peel plantains by cutting off both ends, and cutting a slit down the side of each plantain.
- 3. Remove the plantain peel by peeling it side to side rather than lengthwise. It will come off in sections. You may need to use the knife at the edge of each

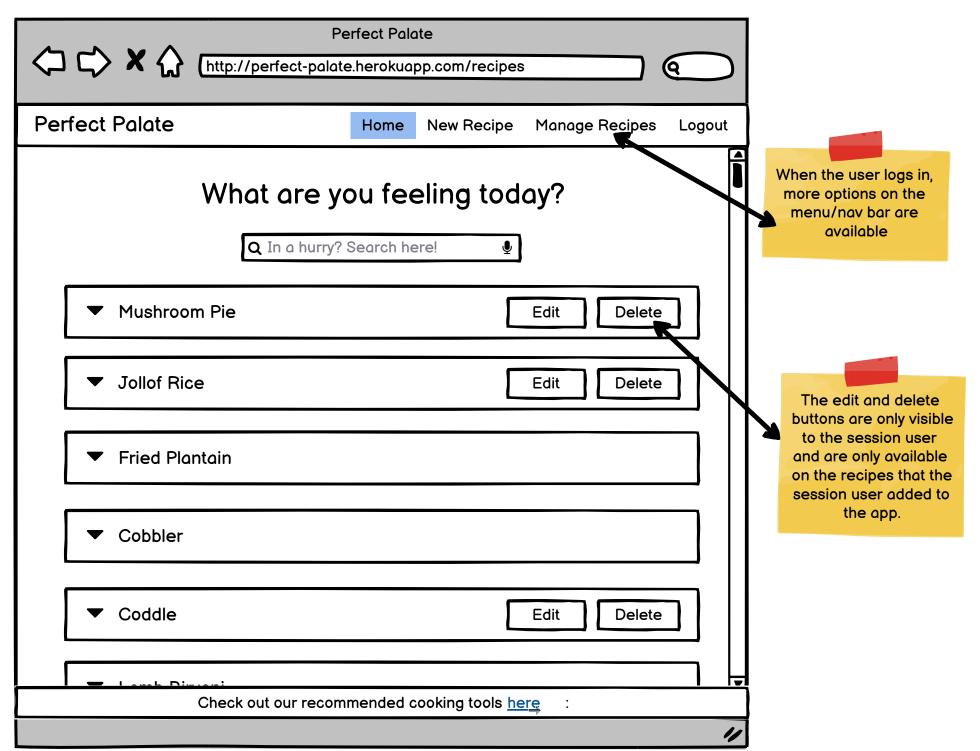
Check out our recommended cooking tools here

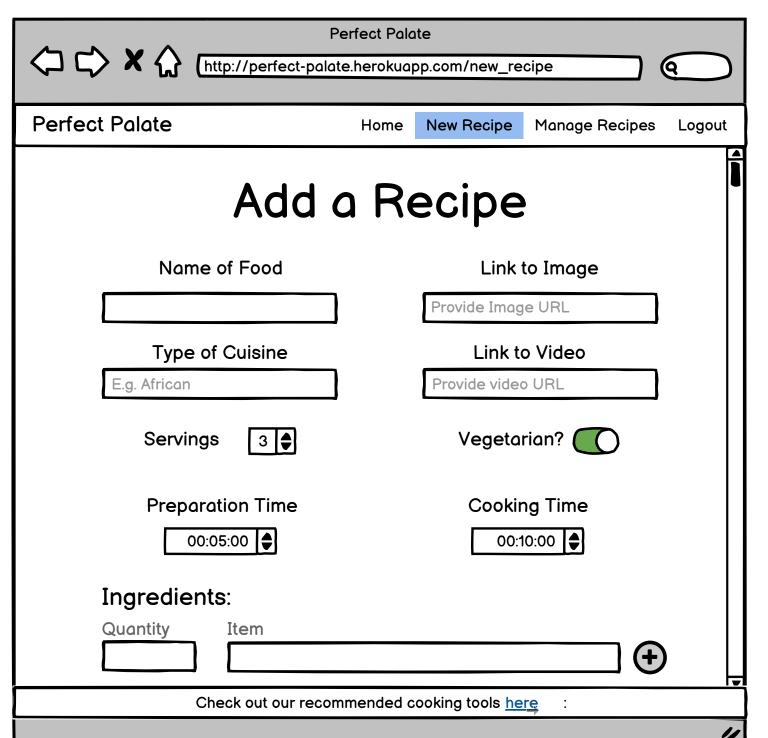
Sticker appears if "is_vegetarian" boolean is set to "True"



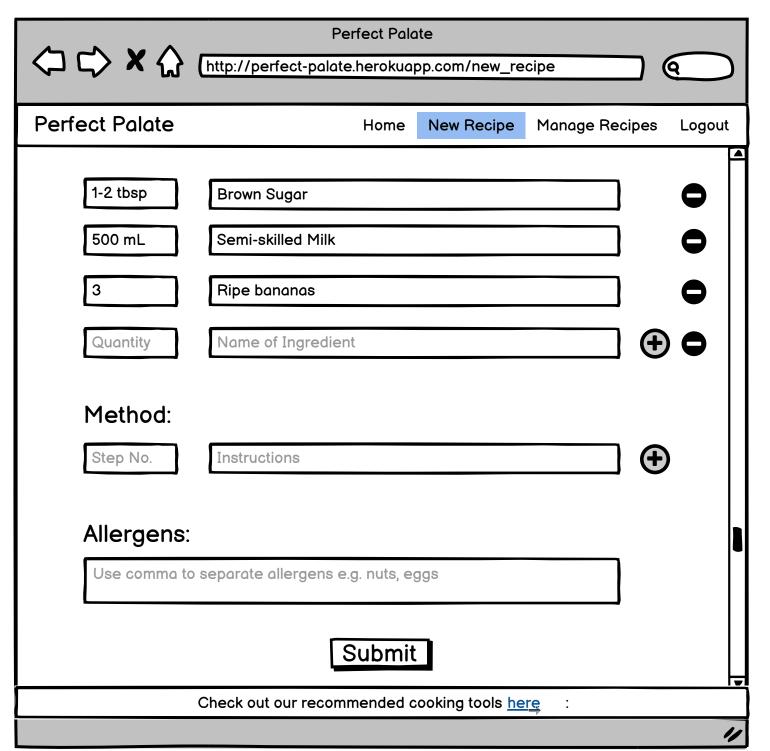


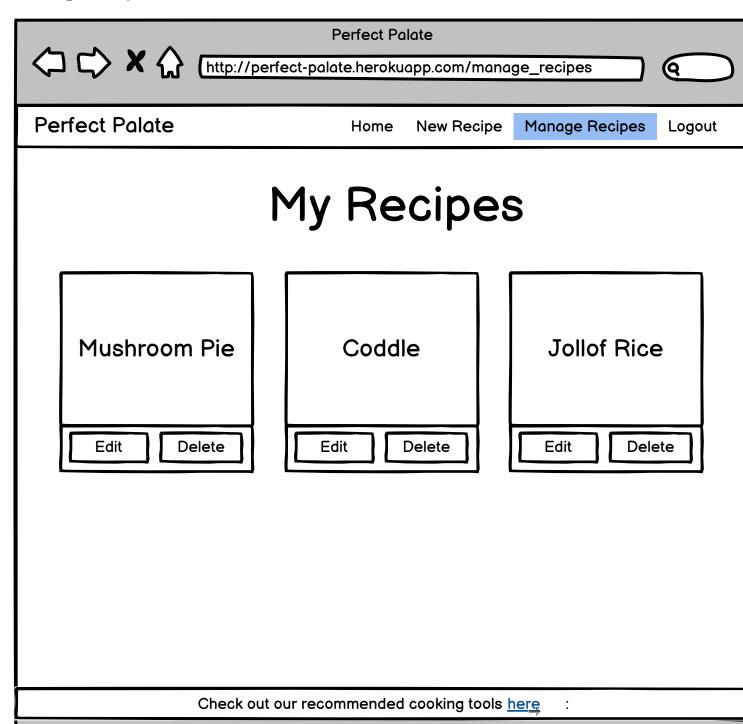






New Recipe (page scrolled down)









Perfect Palate

http://perfect-palate.herokuapp.com/cookware



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Recommended Cookware

Below are a list of our favourite cookware. They are non-stick and toxin-free which will allow you to cook and clean with ease and in a healthy fashion!



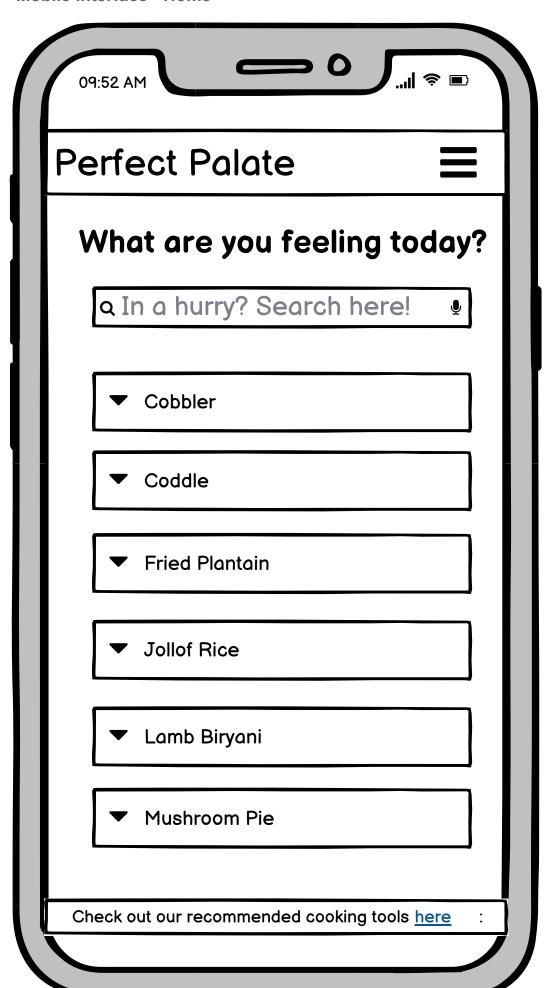
Tefal Initiatives Ceramic Nonstick Set

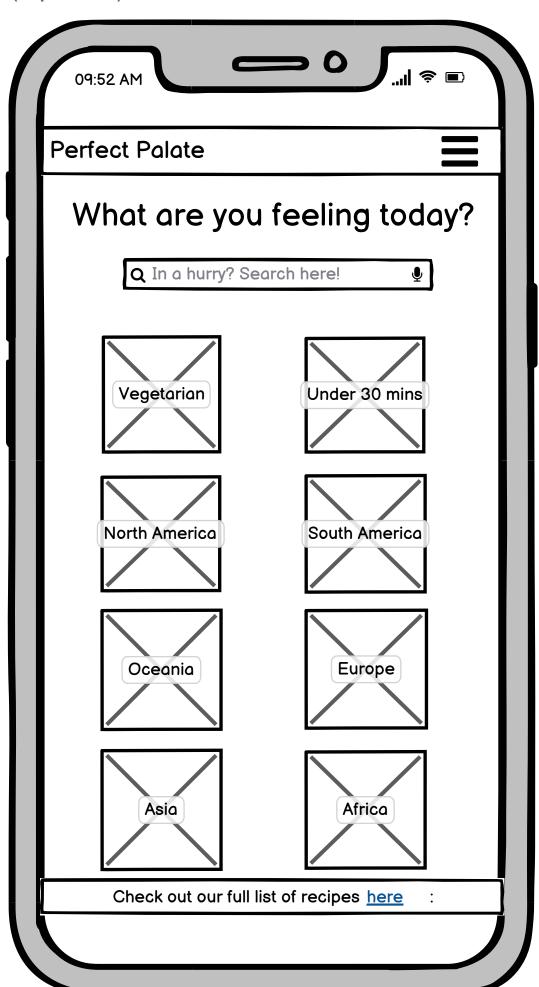
Dishwasher Safe Toxic Free 14-Piece Cookware Set, Gold

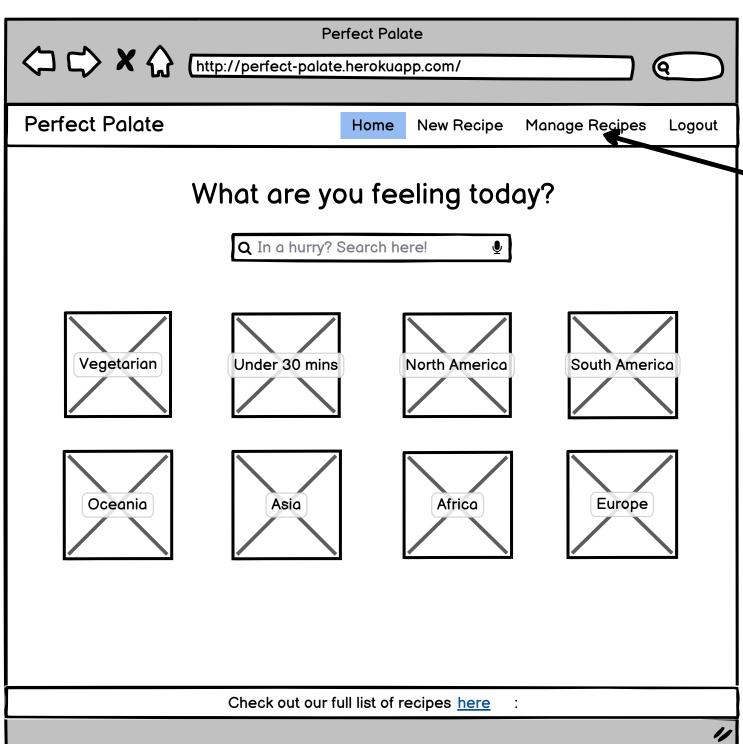
Available on Amazon. Click <u>here</u> to buy

GreenPan is the pioneer of healthy ceramic non-stick: safe cookware that doesn't contain any toxic chemicals or persistent pollutants and is









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