

3-Ingredient Tostones Recipe (Twice-Fried Plantains!)

This easy tostones recipe (twice-fried plantains) made with unripe green plantains is a classic Latin staple!

Prep Time
10 mins

Cook Time
10 mins

Total Time
20 mins



4.8 from 5 votes

Course: Appetizer, Side Dish, Snack Cuisine: Latin

Keyword: cuban tostones, fried plantains, plantain, tostones, tostones recipe, twice fried plantains

Servings: 6 servings Calories: 229kcal Author: Jamie Silva

Equipment

- Plantain press
- Deep nonstick skillet

Ingredients

- 2 large green plantains peeled and sliced in 2" slices
- 1/2-1 cup vegetable oil, avocado oil, or your oil of choice with a high smoke point (enough to cover the slices)
- Salt to taste

Instructions

1. In a deep nonstick skillet, heat oil over medium-high heat.
2. Add the thick plantain slices in the skillet, making sure there is enough oil to cover the slices. See video for more info but overall what you want is enough oil where the very top of the plantains are still visible but the rest of the slice is cooking in the oil.
3. Fry slices for about 5 minutes on all sides. Remove and drain on paper towels to absorb the excess oil.
4. Using a plantain press or a paper towel folded over, smash the plantains to about 1/2 inch thick.
5. Fry the now smashed plantains for about 4-5 minutes in the same skillet until golden brown on both sides.
6. Remove and drain on paper towels and season with salt. (You can transfer the oil to an airtight container and reuse it at a later time, if you'd like)

Nutrition

Serving: 1serving | Calories: 229kcal | Carbohydrates: 19g | Protein: 1g | Fat: 18g | Saturated Fat: 15g | Sodium: 2mg | Potassium: 298mg | Fiber: 1g | Sugar: 9g | Vitamin C: 11mg | Calcium: 2mg | Iron: 1mg