

# PLANTAIN RECIPE

You can buy plantain at No Frills, or at stores that stock Asian or Caribbean produce. They are best when ripe, but not so ripe that they're mushy. Look for yellow plantain with dark spots **(1)**, that feel similar to a ripe banana when squeezed – these will be the sweetest ones.

There are two ways of cooking plantain: oven-baked and deep-fried. This recipe is for oven-baked plantain, which is healthier and less complicated.

## INGREDIENTS:

- 6 plantains
- coconut or olive oil
- sprinkle of black pepper (optional)
- 1 tablespoon of honey

## METHOD:

- Preheat the oven to 385°F.
- Cut the ends off the plantain **(2)**, then peel and cut in half **(3)**. Cut the halves into planks **(4)**.
- Put the plantain planks into a medium bowl. Add the oil, honey, and black pepper to the bowl.
- Using your hands, very gently mix the plantain until it's well incorporated with the oil, honey, and black pepper.
- Line a baking tray with parchment paper. Brush some oil on it to prevent the plantain from sticking to the paper.
- Arrange the plantain pieces on the baking tray. Do not overcrowd or have them lying on top of each other.
- Bake in the oven for about 25 minutes or until slightly golden brown. Turn the plantain over once 15 minutes into the cooking.
- Remove from oven, let cool, and serve. Enjoy!

