

Fried Plantains - All Rainforests

Ingredients:

3 Plantains
 $\frac{1}{2}$ C Canola Oil

Toppings depend on the rainforest you want to discover.

Africa - top with salt or hot sauce.

America - top with powdered sugar and cinnamon.

South-East Asia - top with Nahm Jim.

Instructions:

Heat the oil until 350°F.

Fry slices of plantains a few at a time until they are golden in color and crisp on the outside but still soft on the inside.

Remove from oil and place on paper towels to drain extra oil off.

Sprinkle with desired toppings.

