



Tostones and Garlic "Mojito" Dipping Sauce

Serves 4

Tostones or "twice-fried" plantains are a staple in the Latin-Caribbean cuisine scene. These snacks are simple, easy to make, and pretty when served. The garlic mojito ("mojito" meaning sauce or marinade made with lime juice) dipping sauce is a terrific (and surprising) contrast to the earthy sweet flavor of the plantains.

Ingredients:

For the Tostones:

4 green or green-black plantains
1 cup vegetable or canola oil
Coarse salt, to season

For the Garlic Mojito Dipping Sauce:

1 cup mild extra-virgin olive oil
1 head garlic, peeled, crushed and coarsely chopped
1 small sweet onion (Vidalia or OSO Sweet) coarsely chopped to yield about 1/4 cup
3 tablespoons cilantro, coarsely chopped (about 1/2 cup loosely packed leaves)
Juice of 1/2 lemon
Juice of 1 lime
1 1/2 tablespoons honey
1 teaspoon coarse salt, plus more to season

Preparation:

Prepare the Tostones:

Slice off the ends of the plantains, and slice through the peel lengthwise on opposite sides of the plantain, taking care not to cut the flesh. Wrap in a damp paper towel and microwave on high for 90 seconds. Carefully remove the plantain from the microwave and when cool enough to handle, peel the plantain and cut into 1/2" slices.

Place a plantain slice between two sheets of non-stick parchment paper (cut side up) and with a heavy skillet press down on the plantain to flatten it (it will resemble a flower). Remove from the parchment and set aside. Repeat with the remaining plantain slices.

Place the oil in heavy skillet over medium heat. When the oil shimmers, drop one plantain chip into the skillet. It should gently fry until the edges become crisp and the center a honey-brown color, in about 3 minutes. Adjust the heat as necessary and then in batches fry the plantain chips. Remove from the skillet to a paper towel to drain and sprinkle with coarse salt to season.

continued . . .



courtesy of www.TheresAChefInMyKitchen.com



Prepare the Garlic Mojito Dipping Sauce:

In a small skillet or heavy bottomed sauté pan, combine the olive oil, the garlic and the onion. Place over medium heat just until bubbles begin to appear on the bottom of the pan. Remove from the heat and allow to infuse for 5 minutes.

In the bowl of a mini food processor, combine the cilantro, the lemon and lime juices. Using a slotted spoon, remove the garlic and onion from the warm olive oil and add to the bowl of the food processor, reserving the warm oil. Pulse about 5 times to combine and finely chop the mojito ingredients. Add the warm olive oil and then process for about 10 to 12 seconds to combine and emulsify. Pour the sauce into a non-reactive bowl. Taste. Add the salt and honey. Taste and adjust seasonings as needed.

courtesy of www.TheresAChefInMyKitchen.com