

## Free Fried Cuban Sweet Plantains Recipe

If you crave delicious appetizers, like tapas, and you love Cuban Cooking, then let me show you a delicacy that can be served alone as a tapa or as a side dish to your favorite Cuban dishes. This is a dish that you can now bring to your kitchen with this great recipe idea. You really need to check this out. This Free Fried Sweet Plantains Recipe will show you the exact ingredients you need to combine to make this dish in your home. This Tropical Plant Fruit looks much like a banana but once cooked tastes a lot different. When the plantain is ripe it turns dark and soft. When fried the end result is a yellow sweet side dish or appetizer. The plantains are peeled and cut on a bias prior to frying. Below is a summary of exactly how to put together these Sweet Plantains. You will peel the ripe plantains and then cut them about a half an inch thick. Fry them in oil until the bananas turn a dark caramel color. Remove from the oil, set them on a paper towel and let them sit. Serve the Cuban fried bananas hot. The plantains can also be used as a dessert. It is delicious with ice cream. Another idea that tastes delicious is combining the plantains with chocolate sauce. Not many dishes are as versatile as this one. It is a great compliment to other Cuban dishes such as black beans and rice or arroz con pollo. The sweet taste combines well with the spicy mojo flavor of many Cuban dishes. The delicious Fried fruit idea will serve 8-10 and is an excellent dish to serve at a family outing or special occasion. Your family will not be able to get enough of them I can promise you that. They can be prepped ahead of time and frozen until you are ready to fry them up. To find out more about this recipe and many others check out [www.efoodschool.com](http://www.efoodschool.com)!

## About the Author

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