



Iva de Souza, BA in Physical Education
Integrative Health & Fitness Consulting

Plantains



Plantains are one of the most delicious, nutrient-dense, and versatile “safe starches” you can find. Learn nine great ways to incorporate plantains into your diet.

They’re also rich in nutrients like potassium, beta carotene, vitamin B6, and vitamin C, and a good source of dietary fiber.

While I’m a huge fan of plantains, I’ll admit they have a couple of disadvantages as a staple starch, at least in the U.S.: they’re difficult to find in some places (especially organic), and they are shipped from places like Mexico and Central America. I make a big effort to eat locally for many reasons, and that is simply not possible with plantains.

That said, if you live in a place where they are available (try Latin markets if your supermarket doesn’t stock them), they can make a great occasional addition to your diet.

Plantains can be prepared in numerous ways, and their flavor ranges from savory to sweet, depending on ripeness. Green (unripe) plantains are savory, while yellow/black (ripe) plantains will be quite sweet. Make sure to use the correct type of plantains called for in each preparation method below.

#1: Fried Plantains (my favorite)



This is the method that most people who've eaten plantains are probably familiar with, as it's common in Latin American cuisine. If you've ever eaten at a Brazilian restaurant, or spent time in Costa Rica or Nicaragua, you've probably had fried plantains.

Use plantains that are somewhere between just starting to ripen (light yellow) to very ripe (yellow with black spots), depending on your preference. I happen to like them not as sweet, so I go with light yellow/green. Slice them into 1/2 inch rounds, and fry at medium heat with expeller-pressed coconut oil, ghee, lard, or other stable cooking fat.

Note: Iva's favorite: I love plantain made anyway, but my favorite is made in that way: I lightly coat the plantain slices and I fry them in coconut oil (very little oil) until they are golden brown (about two minutes per side). I add shredded dried coconut* or sesame seeds, when they are ready on one side. Then I let them finish on the other side. I use to dust them on little pinch of salt and cinnamon.

Note: *Shredded dry coconut is very easy to burn, so be careful.

You can use coconut flour instead shredded dried coconut.

Scrambled eggs and sliced plantains as a side dish for breakfast, tastes very well.

#2: Smashed Plantains with Tapioca Flour*.



1 large, very ripe black plantain (about 350 grams)

2 cups tapioca flour (amount will vary depending on the ripeness of the plantain; you will need a bit more flour if your plantain is on the riper, moister side)

1 cup coconut oil or ghee if you do not like coconut oil

Preparation:

1. Peel the plantain and thoroughly mash with a fork in a large bowl until smooth.
2. Add 1 cup of the tapioca flour and incorporate into the plantain mash. Slowly add more tapioca flour, but just until the point at which the batter forms a pliable ball of dough that no longer sticks to your hands.

3. Spread some tapioca flour on a smooth, clean surface, and roll out the dough to a thickness of about 0,7 cm. It will forms about 20 fritters. Gather the rest of the dough around the cut circles to roll out a few extra fritters.
4. Heat the coconut oil in a large skillet over medium-high heat until hot and shimmering. Fry the plantain “cake” for 1-2 minutes per side or until golden and puffy.
5. Transfer to a wire rack until cool enough to pop into your mouth. Serve immediately.

***Tapioca flour you can buy on www.ivadesouza.dk**

#3: Plantain Chips



You’ll need a dehydrator ([this is a good starter model](#)) to make these, but they’re worth the effort. Plantain chips are not only delicious. They’re also a great source of resistant starch, which has many benefits. And they make an ideal travel snack and addition to your children’s lunch boxes.

(Note that plantain chips will only contain resistant starch when they’re made with a dehydrator, since cooking plantains at higher temperatures destroys most of the resistant starch they contain.)

Buy green plantains, slice into 1/4” rounds, add sea salt to taste, and place in a dehydrator. Dehydrate until crisp.

#4: Plantain Plain



Ingredients:

1 plantain

1 tablespoons coconut oil

Preparation:

1. Peel the plantains by cutting off the tops and bottoms and slicing through the skin along the length of the plantain.
2. Heat the coconut oil in a large skillet over medium-high heat.
3. Fry for 2-to 3-5 minutes per side, or until they are golden brown.

Enjoy :o)

Iva