

Cooking with Nadia Recipes

Caribbean dishes featured in *Malaika's Surprise*

Fried Plantains

Makes 2-4 servings

Ingredients:

- 2 plantains (Depending on your preference, green plantains tend to be more neutral tasting and savoury while the more black or spotted plantains tend to be sweet and juicy.)
- salt (optional, I like sea salt.)
- a neutral oil (e.g. vegetable, canola, corn)

You will need:

- a non-stick frying pan
- a plate (not a paper plate)
- paper towels
- knife
- cutting board
- fork or spatula



1. Peel the plantains.
2. Cut diagonally or straight into $\frac{1}{4}$ or $\frac{1}{2}$ inch ($\frac{1}{2}$ or 1 cm) slices as preferred.
3. Pour enough oil to coat the surface of the pan on medium heat.
4. When the oil starts to bubble, place the plantain slices in the pan.
5. Fry for about 1 $\frac{1}{2}$ minutes on each side, or until golden brown.
6. Place the fried plantains onto the paper towels to absorb excess oil.



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Fried plantains cont'd...

If you wish to make pressed plantains (also known as banan peze, patacones, or tostones), follow these additional steps:

7. Use the fork to mash the sliced plantains.
8. Place the mashed plantains into the hot oil to refry them until golden brown on each side.

Serve and enjoy.



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Cornmeal Porridge

Makes 2-4 servings

Ingredients

- 3 cups of water
- 1 ½ cup of cornmeal
- 1 cup of milk (your choice, but I used almond)
- about ⅓ cup of condensed milk
- 1 cinnamon stick (whole or ground)
- nutmeg (whole or ground)
- vanilla

You will need:

- a saucepan
- a wooden spoon
- a grater, if whole spices are used
- measuring spoons and cups



1. Pour the water in the saucepan, then add the cornmeal.
2. Cook on medium heat while stirring constantly.
3. Add nutmeg and vanilla into the mixture, about a half teaspoon of each.
4. Slowly add milk and water, as the mixture thickens and stays smooth.
5. Add the remaining spices and use the condensed milk to sweeten the porridge to taste.

Serve and enjoy.

