## 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 ¼ or ½ inch (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 1/2 minutes on each side, or until golden brown.
- 6. Place the fried plantains onto the paper towels to absorb excess oil.







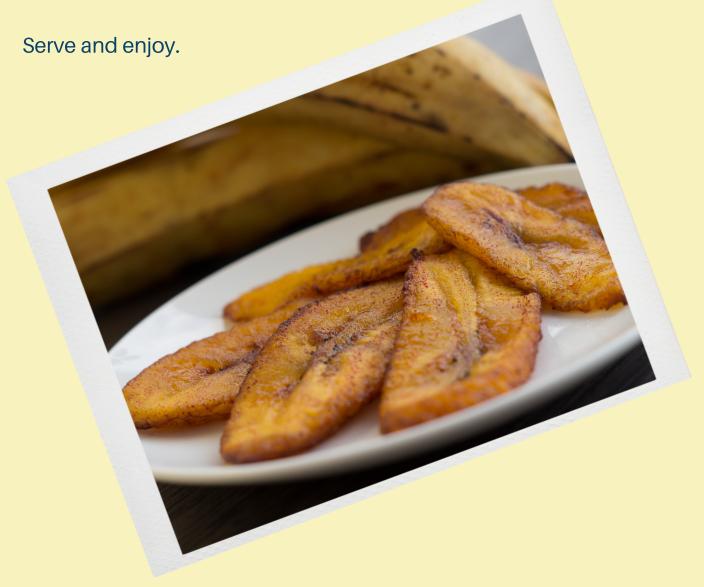
## Cooking with Nadia Recipes

Caribbean dishes featured in Malaika's Surprise

## 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.





# Cooking with Nadia Recipes Caribbean dishes featured in Malaika's Surprise

## Cornmeal Porridge Makes 2-4 servings

#### Ingredients

- 3 cups of water
- 1½ cup of cornmeal
- 1 cup of milk (your choice, but I used almond)
- about 1/3 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.





