

BUTTER-FRIED PLANTAINS WITH THICK CREAM

Source: Authentic Mexican by Rick Bayless

Prepared by: Lauren O'Dell-Patton , May, 2016

Serves: 4

1 ½ cups Thick Cream or ¼ cups commercial sour cream thinned with about 1/3 cup cream

¾ cup nuts (pecans, slivered blanched almonds, walnuts or pine nuts)

3 medium, very ripe plantains

4 tablespoons unsalted butter

1/3 cup dark rum

½ teaspoon ground cinnamon

3 tablespoons sugar

Stir the thick cream gently to smooth it out; if you're using commercial sour cream, mix it with the cream. Refrigerate until ready to serve.

Preheat the oven to 325 degrees. Spread the nuts onto a baking sheet and toast until golden, 10-15 minutes.

Peel the plantains and slice on a diagonal into ¼ inch thick ovals. Just before serving, melt the butter in a very large (12 inch) skillet over medium to medium-low heat, then arrange the plantains in a single layer. Fry until deep golden, 3-5 minutes per side. (If necessary, fry them in 2 batches, keeping the first batch warm in a low oven). Transfer to a warm serving platter.

Return the skillet to the heat, add the rum, cinnamon and sugar, and stir until a glaze is formed (ignite the mixture with a match, if you wish, to burn off the alcohol). Pour over the plantains. Sprinkle on the toasted nuts and serve immediately, passing the cream separately.

Cook's Notes:

Make sure to slice the plantains thin. I would double the pecans next time and throw them in the pan with the glaze.

