



These matoke fries have a silky, sweeter, and more layered flavors. The taste and texture was a much welcome change from the usual french fries.

Ingredients

7 green matokes

Salt to taste

Vegetable oil for shallow frying

*** For this recipe, be sure to use very green (unripe) plantains/matokes ***

Method

Peel plantains. Cut in half cross way, then cut in half length ways and cut further into thin uniform strips.

Heat oil in pan for shallow frying on medium heat.

Add plantains in batches and fry until golden - about 3 minutes.

Remove from oil and sprinkle immediately with salt. Serve hot as is or just as you would French Fries.



SERVE WITH: any salad, beef stew, dry fry beef or on their own .

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/matoke-fries/>