

RECIPE

Professor Tao Leigh Goffe's Caribbean Sweet Plantains

Prep Time: 5 minutes

Cook Time: 15 minutes

Serving suggestion: Pour over vanilla or rum raisin ice cream for a Caribbean dessert flair.

INGREDIENTS

- 2 large, very ripe plantains (skin should be black)
- ¼ cup vegetable oil
- 3 ½ tablespoons dark Caribbean rum (Jamaican or Cuban)
- ½ cup Caribbean sugar (demerara)
- ½ teaspoon allspice (substitute with nutmeg)
- Pinch of finishing sea salt (Maldon)

DIRECTIONS

Top and tail the plantains. Slice an incision vertically into the plantain skin just deep enough to peel the skin off, leaving the fruit intact. Slice each plantain diagonally into equal portions so that the plantains will cook evenly.

Heat the vegetable oil in a skillet over medium heat. Add the demerara sugar to the skillet. Carefully place the plantains in the oil. Let cook for five minutes and then flip over. The plantains should start to brown. Distribute evenly and mix around with a spatula.

When the plantains are browned, after about ten minutes, add the rum according to taste. Flambé if you feel comfortable and safe doing so (this step is not necessary). The mixture should begin to bubble and caramelize. Add the allspice.

Take the skillet off the heat and finish with a sprinkling of Maldon salt.

Eat the plantains while they are hot, before they harden.

Note: This dish can be made with or without rum—adjust according to taste and preference.

Be very careful cooking with alcohol over an open flame.