



# Bannann Peze (Pressed Plantains - Haiti)

Recipe by Jouvens Jean.

Preparation time: 20 minutes

Cook time: 10 minutes

Serves 2

## Ingredients

- 4 cups vegetable oil for frying
- 1 medium plantain
- 1 tablespoon Epis Creole Seasoning (see standalone recipe)
- 2 cups water
- 1 tablespoon of sea salt

## Steps

1. Peel the plantain by cutting off both ends of the plantain and then cutting a shallow incision lengthwise from end to end. Place the plantain in the bowl of warm water for about 10 minutes.
2. Then, using the backside of your thumbnail, push the skin of the plantain away from the flesh in a steady, upward motion. Once the skin is off, slice the plantain diagonally into 1-inch pieces.
3. Heat the oil in a medium, heavy-bottom skillet over medium heat.
4. Once the oil is hot, place the cut plantains in the oil and fry them for about 3 minutes. Remove the plantains from the oil and place them on a cutting board.
5. While the plantains are still warm, using an item with a hard, flat surface, press down on the plantains and flatten them to 1/4-inch-thick or to your desired thickness. You can also use a plantain press.
6. Add the water and salt to a bowl and stir until the salt has dissolved, then place the pressed plantains in the salt water. Remove plantains from the water and return them back to the skillet of hot oil and continue frying until the outer layer is crispy.
7. When plantains are crispy, remove them from the oil using tongs and add the Epis Creole Seasoning while plantains are still hot. Place the fried plantains on a paper towel to absorb excess oil.

