

Helergon Kitchen

Crispy Patacones (Tostones) Recipe

10 min Prep time	**15 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**Latin American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 green plantains, peeled and sliced 1/2-inch thick
- [ ] 1 cup vegetable oil for frying
- [ ] 1 tsp sea salt, or to taste
- [ ] 2 tsp fresh lime juice
- [ ] 2 tbsp chopped cilantro (optional)

Optional Topping

- [ ] 1 clove garlic, minced
- [ ] Pinch of smoked paprika

Instructions

1. Peel the plantains by cutting off the ends and making a shallow slit; gently pry the skin off. Slice each plantain into 1/2-inch rounds.
2. Pat the slices dry with a clean towel. Heat oil in a heavy skillet over medium heat until shimmering.
3. Fry the plantain rounds for about 2-3 minutes per side, just until they turn pale and become pliable—do not brown yet.
4. Remove and place on paper towels. Using a flat press or the bottom of another pan, gently flatten each piece to about half its original thickness.
5. Return the flattened pieces to the hot oil. Fry for another 2-3 minutes per side, or until golden and crisp.
6. Transfer to a serving plate, sprinkle immediately with sea salt, drizzle lime juice, and scatter cilantro. If using garlic, toss it in the hot oil for a quick fragrant burst before adding the patacones.

Nutrition per serving

210 kcal	2 g	30 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure plantain slices are uniform for even cooking.
- Oil temperature matters—if it’s too hot, the patacones will burn; too low and they’ll become soggy.
- Serve right away for the best crunch; they lose texture as they cool.