



INSPIRED BY AFRICAN AMERICAN GARDEN THE CARIBBEAN EXPERIENCE

SWEET PLANTAINS WITH TAMARIND SAUCE

INGREDIENTS

1 ripe plantain
Vegetable oil for frying
Tamarind Sauce

INSTRUCTIONS

1. Peel plantain and cut into diagonal slices on the bias.
2. Heat 1/2" of vegetable oil in frying pan over medium heat.
3. Fry the plantain slices until golden brown on both sides.
4. Remove from pan and place on paper towel to remove the excess oil.

TAMARIND SAUCE

INGREDIENTS

1 cup tamarind pulp 2 cups hot water
1 cup honey 1 tsp kosher salt
1 tsp chili powder 1 tsp ground cumin
2 tsp curry powder

INSTRUCTIONS

1. In a small saucepan boil the tamarind pulp and water for 5-8 minutes.
2. Let tamarind/water mixture cool completely.
3. Place the cool pulp & water mixture into a blender and puree until smooth.
4. Pass the pureed mixture through a strainer to remove any excess fiber.
5. Add the strained mixture to a small saucepan with the honey.
6. Add the dry spices & salt to the tamarind honey mixture and simmer for 10 minutes on low heat.
7. Cool tamarind sauce and drizzle over fried plantains before serving.

