

Sweet and Spicy Roasted Plantains

When my cookbook-collecting daughter shared a copy of her latest find, Provisions, I immediately took notice. With 150 Caribbean-inspired vegetarian recipes, there was plenty to keep my interest. Plantains are a favorite in the Hubele home, so I was immediately intrigued by the Roasted Ripe Plantain with African Pepper Compote recipe.

It's a simple, straightforward recipe, great for weeknights. Just be sure to plan far enough ahead so your plantains have ripened. I found the perfect opportunity to test the recipe last Saturday after a long morning on the San Marcos River. I popped the plantains in the oven, and by the time I had the car unloaded and sauces made, they were ready to eat! This combination of creamy and crunchy textures, along with the sweet and spicy seasoning, makes it a real hit.

Ingredients

- 4 whole ripe plantains
- 1 cup raw peanuts with skins (I replaced these with almonds. While not traditional, they were great!)
- 2 large avocados ($\frac{1}{2}$ avocado per plantain)
- Juice of 3 limes
- 1 teaspoon paprika (I used smoked paprika)
- $\frac{1}{2}$ teaspoon of cinnamon
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon of cayenne pepper
- Salt to taste
- African Pepper Sauce

Directions

1. Roast ripe plantains in their skin in a 400-degree F oven for 35-40 minutes on a baking sheet.

2. While plantains are baking, slice avocados in half, remove pits, scooping out each half with a spoon. In a shallow bowl, mash slightly, careful to leave plenty of texture.
3. Add to the avocado mash: lime juice, spices and salt to taste.
4. Prepare pepper sauce according to recipe.
5. Place nuts on a baking sheet and heat in the oven until fragrant during the final 10 minutes of roasting the plantains. Coarsely chop nuts.
6. Slice each plantain lengthwise and lightly mash flesh with a fork. Top with seasoned avocado, pepper sauce and nuts.

Adapted from Provisions, The Roots of Caribbean Cooking

Photo by La.Catholique