

## Hanukkah Cooking

# Plantains

### Passport to Peoplehood

Jews are a multicultural people who live around the world.

### Big Ideas

1. There are different ways to celebrate Hanukkah in different Jewish communities.
2. Foods that are fried or sauteed are traditional at Hanukkah to symbolize the oil that lasted for 8 days, the miracle of Hanukkah.
3. Plantains are a traditional staple throughout many parts of the world, including the Caribbean.



Fried plantains are a traditional treat in many parts of the world. There is only one kind of plantain but there are three colors, depending on their age—green, yellow, and black. For this recipe, use ripe plantains. They should be very ripe: yellow with black spots or even mostly black and slightly mushy to the touch. The riper the plantain, the sweeter it is and that's the trick. If ripe plantains are not available, you can put unripe ones in a paper bag in a dark place to speed the process of ripening (about 2-3 days).

## Hanukkah Cooking



### Directions

1. Peel the plantains and cut them in half. Slice the halves lengthwise into thin pieces. Or slice the plantains on a bias diagonally into rounds so they are like slanted "coins."
2. Fry the pieces over medium/medium-high heat in oil and/or butter in a skillet until browned and tender. Drain excess oil on paper towels. They can also be grilled in the oven on lightly oiled parchment paper.
3. Sprinkle them with sea salt for a perfect sweet/salty combo. Serve with honey mustard dipping sauce.

### Honey Mustard Sauce

- 3 tablespoons Dijon mustard
- 2 tablespoons honey
- 1 tablespoon cider vinegar
- 1/2 teaspoon ground black pepper
- 1 pinch cayenne pepper, or more to taste
- 1/2 cup olive oil

### Directions

Whisk the mustard, honey, cider vinegar, black pepper, and cayenne pepper together in a small bowl. Slowly pour the oil in a steady stream into the mustard mixture while whisking vigorously until the oil is completely incorporated.

## Hanukkah Cooking



### Discussion Questions

1. Staples are the basic building blocks of a diet. They are eaten frequently and often serve as a key component of a meal. Plantains are a staple in the Caribbean, eaten many ways, sometimes at multiple meals a day. What are some staples in your family's diet?
2. At Hanukkah, Caribbean Jews fry plantains to recall the miracle of oil in the time of the Maccabees. What foods does your family fry at Hanukkah?
3. Fried plantains are an everyday food in the Caribbean but they take on new meaning at Hanukkah. What everyday fried foods that your family eats might take on new meaning at Hanukkah?