



Grilled Plantains with Brown Sugar Butter Glaze

Author: Jen Eddins Prep Time: 5 Cook Time: 30 Total Time: 35 minutes

Yield: 8

Ingredients

SCALE

- 4 ripe plantains, sliced in half lengthwise
- 3 tablespoons butter, melted
- 1/2 cup brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon Sriracha (or to taste...this can also be omitted)
- 1-2 tablespoons water (if sauce seems thick and needs to be thinned)

Instructions

- 1 Preheat grill.
- 2 Whisk together melted butter, brown sugar, vinegar and Sriracha in a small bowl. Thin a little with water if the sauce seems really thick. You can also heat the mixture in a saucepan but I'm all about the less steps the better.
- 3 Brush grill grate with oil and place plantains on grill cut side down. Close lid and cook for about 5 minutes, or until you have some nice grill marks. Flip plantains over so that they are skin side down and baste with brown sugar butter mixture.
- 4 Continue to cook for about 15-20 minutes and baste every 5 minutes or so until plantains are soft and pulling away from skin.
- 5 Remove from grill and serve. We like to keep them in the peel for serving because it looks pretty on the plate!



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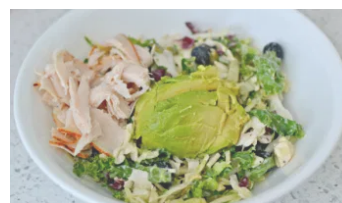
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