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In A Date with Plantain Patti takes a basic staple ingredient and creates an array of interesting, fun dishes packed full of exploding flavours. Even traditional dishes have received the "Plantain Patti" makeover, go on give plantain a go!

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Plantains are cooked green, semi-ripe or fully-ripe. Treat them like a starchy vegetable and use in savoury or sweet dishes. Before cooking, peel by top and tailing the fruit, then cut along the

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Plantain recipes - BBC Food

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