

FRUIT

Plantain banana

The cooking banana, firm and starchy, a must in tropical cuisines.

The plantain banana is longer and more angular than the dessert banana, with thick skin turning from green to yellow and then black. Its flesh, firm and starchy, must be cooked: green, it is savoury and crisp; fully ripe, it turns sweet and caramelises in the pan. It is a worthy substitute for potato in many preparations. A staple of Afro-Caribbean catering.

FLAVOUR
Starchy, neutral when green, sweet when ripe

ORIGIN
Colombia

Seasons and origins

Peak season · Early · Late · Rare

	J	F	M	A	M	J	J	A	S	O	N	D
Colombia	○	○	●	○	●	●	●	●	●	●	●	●

Indicative calendar based on our sales. Our sales team will confirm current availability.

Pack sizes

- **Bulk 9 kg** — Colombia
- **Loose 5 kg** — Colombia
- **Loose**

In the kitchen

- Fried in rounds or as chips (tostones)
- Pan-fried and caramelised, as a side
- Boiled or mashed, served with a dish in sauce

Orders and prices

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