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Brains & Chips

PREP TIME: 15 MINUTES, PLUS 3 HOURS SOAKING
COOK TIME: 20 MINUTES | YIELD: 6 SERVINGS

Created for Beetle House NYC, Brains & Chips has been one of our top sellers! Serve it in a small bowl or mug, stacking the chips around the edges.

Ingredients

CHIPS

4 moderately ripe plantains
(firm, not mushy)
¼ cup (75 g) sea salt, for
soaking, plus more to taste
Coconut oil, for frying
Olive oil, for frying

GUACAMOLE

3 ripe avocados, peeled
and pitted
¼ cup (60 ml) lime juice
¼ cup (60 ml) pineapple juice
1 tablespoon honey
½ cup (80 g) chopped
red onion
¼ teaspoon chili powder
1 teaspoon sea salt
Dash of paprika,
for garnish (optional)
Fresh cilantro,
for garnish (optional)

Instructions

1. To make the chips: Peel the plantains and slice them thinly. Place the slices in a bowl of room-temperature water with the salt. Soak the plantain slices for at least 3 hours and up to 24 hours, either at room temperature or in the fridge.
2. After soaking, drain the plantain slices using a paper towel or cloth napkin, making sure they are as dry as possible. In a medium pot, heat a 50–50 blend of coconut and olive oil over medium-high heat until it reaches an average temperature of 325°F (170°C), 5 to 7 minutes. Using long tongs or a slotted spoon, carefully place the sliced plantains into the oil. Fry the sliced plantains for 5 to 7 minutes until they are golden to medium brown.
3. Remove the plantain chips from the oil and place them into a basket lined with a paper towel to absorb the excess grease. Allow them to cool completely, then salt.
4. To make the guacamole: Combine all the guacamole ingredients in a food processor and process until smooth and creamy, 2 to 3 minutes. Plate and garnish with paprika and cilantro if desired.



GO VEGAN! Use agave nectar instead of honey.



TIP

If the mixture isn't thick enough, add another avocado.