

Rellenitos de Platano

Oscar · 28/09/2024

**Prep Time**

1 hr 30 mins

Dificult

Medium

Servings

12

Description

This rellenos de plátano recipe is from Guatemala and it can be used as a dessert an appetizer or a justbecause recipe My grandmother taught me how to make this If you are looking for something different you just found what you are looking for Make as much as you want Eat them plain topped with a bit of sugar or with sour cream like we do in Guatemala

Ingredients

- - 6 plantains
- peeled and broken into chunks - 1 (16 ounce) can refried black beans - 1 tablespoon white sugar - 1 teaspoon salt - 1 quart oil for frying

Instructions

1. Place plantains in a large pot; cover with water. Bring to a boil
2. then reduce heat and simmer until tender
3. about 15 minutes. Drain and mash. Heat refried beans in a small saucepan over low heat. Stir in sugar and salt. Remove from heat. Form a palm-sized amount of mashed plantains into a ball; flatten and place about a teaspoon of bean mixture in the middle; then mold the sides of plantain around beans
4. making an egg-shaped ball. Heat oil in a deep fryer or large skillet to 375 degrees F (190 degrees C)
5. or until a small amount of batter sizzles and browns in oil. Fry rellenitos in hot oil until browned. Drain on paper towels. Editor's Note We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount may vary depending on cook time and temperature
6. ingredient density
7. and the specific type of oil used.