Desserts / Guatemala

Rellenitos



Balls of ripe plantain purée filled with sweetened black beans and chocolate.

Time 90 min **Servings** 6

What you'll need.

- [ ] 6 piece Ripe plantains — black-skinned
- [ ] 120 g Sugar
- [ ] 1 tsp Cinnamon
- [ ] 60 g Flour
- [ ] 40 g Icing sugar — to serve
- [ ] 1 pinch Salt
- [ ] 300 g Black beans — cooked
- [ ] 80 g Dark chocolate
- [ ] 0.5 tsp Ground cloves
- [ ] 800 ml Oil for frying
- [ ] 150 ml Soured cream — to serve

Let's make it.

01 Boil the plantains in their skins for twenty minutes, until completely soft.

02 Peel them hot and mash them into a smooth purée with a pinch of salt and the flour.

03 Chill the purée for half an hour; warm, it will not hold as balls.

04 Mash the cooked beans and reduce them with the sugar, cinnamon and cloves to a thick paste.

05 Stir the chocolate into the hot bean paste and cool it completely.

06 Flatten a piece of purée on your palm, add the bean filling and seal it into a firm ball.

07 Fry at 170 °C for three minutes, to a browned crust, and serve with icing sugar and soured cream.

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