



Rellenitos

Ingredients

- 4 plantains (they must be yellow, not too hard, not too soft)
- Cinnamon (One stick and $\frac{1}{4}$ teaspoon)
- 2 cups of water (for boiling plantains)
- $\frac{1}{4}$ cup of water (for melting chocolate)
- Small can of black refried beans
- 8 oz. Chocolate (Mexican chocolate if you can find it, 3 wafers)
- Oil to fry

PREPARATION

1. Cut 4 plantains in $\frac{1}{2}$ inch slices. Cook them with one stick of cinnamon and 2 cups of water until soft, about 10 minutes. Remove any additional water.
2. Mash the plantains into a paste and let cool.
3. In a saucepan, cook 8 oz. of chocolate with $\frac{1}{4}$ cup of water until melted. Then add one small can of refried black beans. When they are mixed add $\frac{1}{4}$ teaspoon of cinnamon to the mixture. Once the two are well mixed, and you have cooked off the excess water the mixture will begin to form a much thicker paste. Once this is achieved, let it cool.
4. Heat oil in a large frying pan.
5. Grab a little of the plantain paste and form a thick tortillas that you can shape into small bowls. Then stuff the bowl with a small amount of the bean and chocolate mixture. Close the bowl and form a egg shaped ball with the bean and chocolate mixture closed on the inside. If the balls are really sticky or are not holding their shape well, sprinkle flour on a surface and roll the balls in the flour to coat.
6. Fry the plantains until a light golden brown.
7. Serve plain or with honey or sugar.

EL FRIJOL FELIZ COOKING CLASS

www.frijolfeliz.com

4a Ave Sur No.1, La Antigua Guatemala, PHONE (502) 7832 7254