

Food for Thought

Recipe card

Changing the world
with **women and girls**
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Rellenitos De Plátano Guatemala

Contributed by Wendy Pacay

This sweet plantain recipe – filled with cocoa and beans and sprinkled with sugar – is one of the most delicious Guatemalan foods. Serves four.

Ingredients

4 (yellow) ripe plantains
1 cinnamon stick
1 can of black refried
beans
3 tbsp vegetable oil
1 tbsp cocoa powder
4 tsp sugar
Water

Method

1. Wash the plantains, cut off their ends and discard. Cut the rest of the plantains into 4 parts leaving the skin on.
2. Heat a medium saucepan filled with water, leaving enough room to add the plantains.
3. Bring water to a boil and add 2 tablespoons of sugar, cinnamon and the plantains. Reduce the heat and cook for about 10 minutes or until plantain feels soft. Then drain and reserve the cooking water.
4. Peel the plantains and remove the vein with the black seeds. Mash into a smooth paste and leave to cool.
5. In a pan, cook the refried beans, 2 tablespoons of water and 2 tablespoons of sugar. Mix well with cocoa powder until they form a soft paste.
6. Heat oil in a large frying pan. Take a lime-sized ball of plantain paste and flatten it in your hand. Then form a little bowl. Add one teaspoon of the chocolate/bean mixture and close the bowl so it forms an egg shaped ball with the chocolate/bean mixture inside. Make sure there are no holes or gaps so the filling cannot leak out.
7. Fry the stuffed plantains until they have a light golden-brown colour, turning them a few times so they are uniformly cooked. Sprinkle with additional sugar before serving. Serve with sour cream or with additional bean/chocolate sauce.



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How ActionAid is supporting women in Guatemala

Rosa is a textile manufacturer in Sololá, central Guatemala. Recently, with the help of ActionAid, women in her village formed a co-operative named Nim Samaj ('great work'). The women work together to sell products like textiles, vegetables and herbal medicines, and as a co-operative they can cut out the middlemen and keep more of the profits in order to look after their families.