

## History of Rellenitos:

Rellenitos are a dessert with Spanish heritage that were enriched by Afro-Caribbean influences in the end of the Colonial era. This dessert made of plantains has become a fusion of the different cultures that influenced them. Today, rellenos are also a big part of indigenous cultures of the garífuna and ladino tribes.

Below we share the ingredients and the steps to follow to prepare rellenos.

## Ingredients:

1 liter of water	1 cup of sugar
1 cinnamon stick	1 cup of flour
1 cup of beans, blended	1 cup of vegetable oil
1 tablespoon of cinnamon powder	

## Instructions:

Cut the unpeeled plantains into thirds. Place them in a pot together with the water and the cinnamon stick. Cook at high temperature. When the plantains are soft, drain the water and let the plantains cool off.

In a bowl, mix together the beans, cinnamon powder, and sugar. Set aside.

Peel the cooked plantains and mash them until they form a soft dough. Take a handful and form medium-sized balls. In the middle, make a hole and fill it with the bean-mixture. Seal it with the plantain-dough to avoid that it will spill. Repeat until all the dough is used up.

Put the flour on a large plate and cover the rellenos with flour. Fry them in a pan until they are golden-brown. When they are done, take them out and leave them on a paper towel for a little while in order to remove some of the extra oil.



Enjoy!