

Coconut Pancakes with Sweet Plantains Slices, Blueberries, and Pineapple Rum Syrup

(Use of BIG BANANA® Sweet Plantain Slices)



Servings: 4



Total Time: 30 min.



Level: Intermediate

Pancakes

- 2 cup cake flour
- ¼ c. sugar
- 3 T. vegetable oil
- 1 T. baking powder
- 2 eggs
- ¼ tsp salt
- 1 cup coconut milk

PROCEDURE

1. Combine in mixing bowl all ingredients and mix well.
2. Pre-heat griddle to 350 degrees.
3. Spray griddle with Pam vegetable spray.

4. Pour ¼ cup sized pancake batter on griddle.
5. Cook until you see bubbles on top of the pancake.
6. Turn the pancake over.
7. Cook for another 20 seconds.
8. Serve.

Pineapple Rum Syrup

- ¼ c. spiced dark rum
- 1 c. pineapple Juice
- ½ c. brown sugar
- 1 T. lime Juice

PROCEDURE

1. Combine all ingredients and place into a sauce pot.
2. Place on stove and turn stove on medium heat.
3. Bring mixture to a boil, stirring occasionally.
4. *****Note:** If using gas stove, alcohol will burn off.

Fried Plantains:

- 12 each **BIG BANANA®** plantain tidbits
- 3 T. sugar
- 1 tsp. ground cinnamon

PROCEDURE

1. Pre-heat deep fat fryer to 350 degrees.
2. Fry sweet plantains until medium brown color. 3-4 minutes.
3. Drain sweet plantains.
4. Combine sugar and cinnamon.
5. Season plantains with cinnamon sugar.

GARNISH

- ½ c. blueberries

How to Assemble:

- Place two each pancake on 10" round plate.
- Place 3 fried sweet plantains on pancakes.
- Drizzle 1.5 oz of pineapple syrup over pancakes.
- Garnish with blueberries.