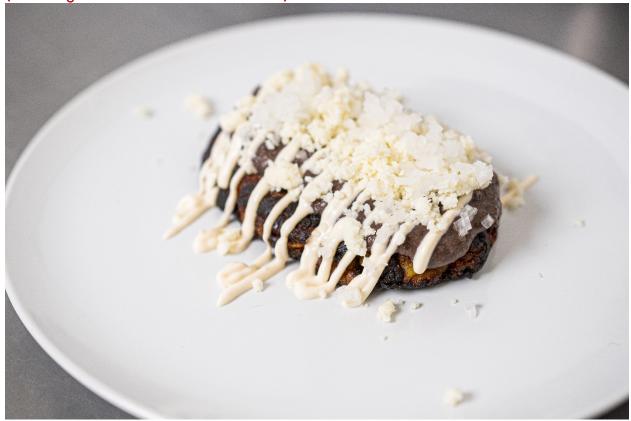
Plantain Fritter

(Use of Big Banana® Whole Baked Plantain)



INGREDIENTS

- 2 ea MIC food Big Banana Whole Baked Ripe Plantain
- 1 TBS Sugar
- 1 tsp Cinnamon
- 1 tsp Maseca corn flour

METHOD

- 1. Mix all ingredients to form a plantain fritter.
- 2. Caramelize the fritter in a pan with oil until crisp.



Black Bean Puree

INGREDIENTS

- 2 c Black beans
- 1 c Yellow onion
- 1 tsp Oregano
- 2 ea Bay leaf
- 3 ea Garlic cloves
- 1 TBS salt

METHOD

- 1. Cook the beans
- 2. Put all ingredients into a blender and puree.

<u>Assembly</u>

Place the fritter in a plate and top with black bean puree, creme fraiche, cotija and queso fresco and finely diced onion as garnish ½ cup.