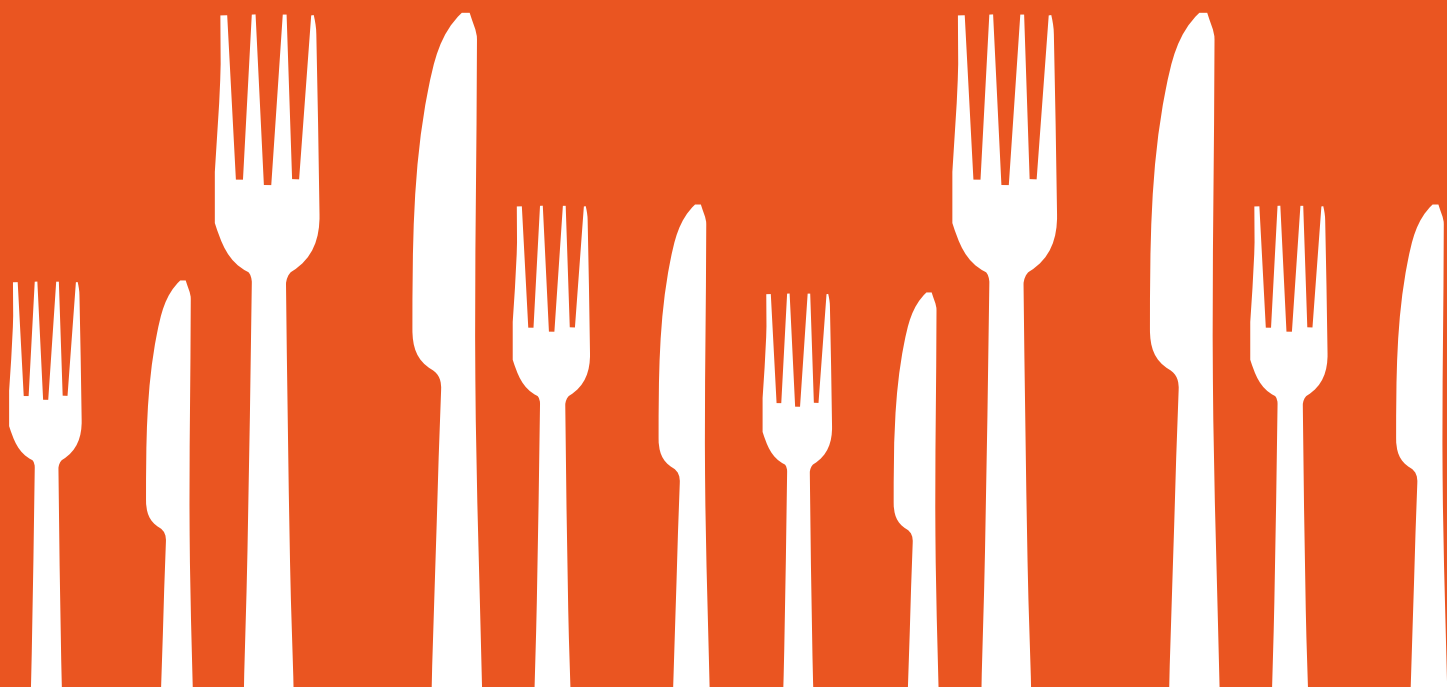


9

Plantain Recipes

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Featured Recipes





MOSA

INGREDIENTS

2 FINGERS OVER RIPE PLANTAIN

1 CUP FLOUR

1 TSP GROUND DRY PEPPER

1 SEASONING CUBE

1 TEASPOON SALT

VEG OIL FOR FRYING

-BLEND PLANTAIN WITH 1 COOKING SPOON OF WATER

-IN A CLEAN BOWL POUR IN THE BLENDED PLANTAIN ADD THE FLOUR, SEASONING AND PEPPER.

-BEAT THOROUGHLY TO INCORPORATE AIR AND ALLOW TO STAND FOR 10 MIN

-HEAT THE OIL AND FRY MOSA IN SMALL ROUND BALLS UNTIL GOLDEN BROWN

-COOL SLIGHTLY AND SERVE AS SNACK WITH A PEPPER GARLIC DIP

NB... YOU CAN ADD SOME SHREDDED FISH, OR CHICKEN TO THE MIXTURE BEFORE FRYING





PLANTAIN AND BEEF PIE

INGREDIENTS

2 FINGERS OF LARGE PLANTAIN (YOU CAN USE OVER-RIPE OR YELLOW PLANTAIN)

1 LARGE EGG (WHISKED)

1 CUP OF BEEF STRIPS

2 LARGE TOMATOES (CHOPPED)

1 CUP OF CHOPPED BELL PEPPERS

1/2 CUP OF CHOPPED SPINACH

A HANDFUL OF CHOPPED SPRING ONIONS

A HANDFUL OF CHOPPED REGULAR ONIONS

1 SCOTCH BONNET PEPPER (CHOPPED)

1 TEASPOON OF CHEESE (I USED PARMESAN, YOU CAN USE A SLICE OF CHEDDAR) OPTIONAL

2 TABLESPOONS OF VEGETABLE OIL

2 SEASONING CUBES

1/2 TEASPOON OF GINGER POWDER

1 CLOVE OF GARLIC (CHOPPED)





SLICE THE PLANTAIN IN LONG STRIPS TO FIT INTO YOUR BAKING PAN AND LIGHTLY FRY. DO NOT FRY TILL IT IS COMPLETELY DONE AS YOU WOULD STILL PLACE IN THE OVEN TO BAKE SO LEAVE IN OIL FOR AT MOST 1 MINUTE TILL IT GETS A VERY LIGHT BROWN TEXTURE.

SEASON YOUR BEEF STRIPS WITH ONE SEASONING CUBE. HEAT UP ONE TABLESPOON OF OIL AND LIGHTLY STIR FRY YOUR BEEF STRIPS WITH THE GINGER AND GARLIC. DO THIS FOR 2-3 MINUTES AND SET ASIDE.

PRE-HEAT THE OVEN TO 375 F TILL HOT.

WITH HALF A TABLESPOON OF OIL, GREASE THE PAN YOU WILL BE USING TO BAKE THE PIE. DIVIDE YOUR FRIED PLANTAIN INTO TWO OPTIONS AND USE ONE HALF OF THE PLANTAIN TO LINE THE PAN.

LINE WITH THE BEEF, CHOPPED VEGETABLES, PEPPERS, TOMATOES AND OTHER THINGS YOU WANT TO STUFF THE PIE WITH.

SPRINKLE THE SEASONING OVER THE MIX AND POUR HALF OF YOUR WHISKED EGG OVER THE STUFFINGS. IF YOU ARE USING CHEESE, ADD THE CHEESE AT THIS STAGE.

LINE THE STUFFINGS WITH THE REST OF THE PLANTAIN AND POUR THE REST OF THE WHISKED EGG OVER THE PLANTAIN AND POUR THE REST OF THE OIL. PLACE IN THE OVEN AND BAKE FOR ABOUT 25-30 MINUTES.

SERVE AS A STANDALONE MEAL OR IN ADDITION TO OTHER RICE MEALS.





POULET DIRECTOR GENERAL

INGREDIENTS

1 POUND OF CHICKEN BREAST
1 FINGER OF PLANTAIN (WHOLE RIPE PLANTAIN)
1/2 RED, GREEN, YELLOW BELL PEPPERS
1/2 BULB OF ONION
2 CLOVES OF GARLIC
1/2 TEASPOON CHOPPED GINGER
1 CHOPPED TOMATO
A HANDFUL CHOPPED SPRING ONIONS
1/4 TEASPOON OF CHILLI POWDER
SEASONING
1 COOKING SPOON OF VEGETABLE OIL
SALT TO TASTE





SEASON THE CHICKEN WITH SALT, PEPPER AND SEASONING CUBES AND MARINATE FOR 1 HOUR OR TWO.
CHOP YOUR VEGETABLES AND SET ASIDE.
CHOP YOUR PLANTAIN TO ANY DESIRED SHAPE, FRY AND SET ASIDE.
HEAT UP THE COOKING SPOON OF OIL AND FRY THE CHICKEN TILL ITS BROWN ON BOTH SIDES.

POUR IN THE CHOPPED TOMATOES AND ONIONS AND FRY FOR ABOUT 3MINUTES ON MEDIUM HEAT.
ADD THE REST OF THE CHOPPED VEGETABLES AND FRY WITH THE CHICKEN.
THE VEGETABLES WILL PRODUCE SOME LIQUID ENOUGH TO PROPERLY COOK THE CHICKEN.

ADD YOUR SEASONING AND ALLOW TO COOK FOR 10 MINUTES ON LOW-MEDIUM HEAT.
FINALLY ADD YOUR PLANTAIN AND STIR INTO THE SAUCE.

SERVE HOT.





PLANTAIN TOFFEE BALLS

INGREDIENTS

- 1 FINGER OF PLANTAIN**
- 3 TABLESPOONS OF FLOUR**
- 2 TABLESPOONS OF BUTTER**
- 3.5 TABLESPOONS OF SUGAR**
- 1 TEASPOON OF VANILLA**
- 4 TABLESPOONS OF COCONUT MILK**
- 4 TABLESPOONS OF WATER**
- 1 TABLESPOON OF COCONUT FLAKES**





PEEL AND MASH YOUR PLANTAIN TILL SOFT. MIX IT WITH THE FLOUR, FORM MINI BALLS AND PLACE IN THE OVEN TO BAKE FOR ABOUT 20-25 MINUTES. PLEASE NOTE THE PLANTAIN MIX WILL STILL BE MOIST SO USE A SPOON TO HELP FORM THE BALLS IF YOU ARE HAVING DIFFICULTY WITH THAT. MAKE SURE TO DRIZZLE OIL ON THE BAKING SHEET SO IT DOES NOT STICK TO THE SHEET WHEN IT BEGINS TO CARAMELIZE.

IF YOU DO NOT HAVE AN OVEN YOU CAN CHOOSE TO FRY THE PLANTAIN BALLS AS WELL. I HAVE NOT TRIED THE FRYING METHOD BUT MAKE SURE TO DAB OFF THE EXCESS OIL FROM THE PLANTAIN.

IN A SEPARATE POT, ON VERY LOW HEAT, MELT THE BUTTER AND POUR IN THE SUGAR, VANILLA, MILK AND WATER AND STIR. LEAVE IT ON VERY LOW HEAT THROUGHOUT. STIR ONCE IN A WHILE AND IF YOU HAVE A CANDY THERMOMETER, IT IS READY AT 240F. IF YOU DO NOT, THE TOFFEE BASE IS READY WHEN IT TURNS LIGHT BROWN LIKE A CARAMEL COLOUR.

DIP THE PLANTAIN BALLS AND SWIRL AND PLACE ON A PLATE TO COOL. WHILE ITS STILL WARM, SPRINKLE YOUR TOPPINGS ON IT. IN THIS CASE, MY TOPPINGS WERE COCONUT FLAKES. SERVE WHEN IT'S COOL.





PLANTAIN PILE PILE

INGREDIENTS (SERVES 1)

1 YELLOW RIPE PLANTAIN

1/2 CUP OF RED BEANS

2 COOKING SPOONS OF PALM OIL

2 CHOPPED SCOTCH BONNET PEPPERS (ATA RODO)

1/4 BULB OF ONIONS (CHOPPED)

SEASONING CUBES

2 CLOVES OF GARLIC (CHOPPED)

HANDFUL OF CHOPPED SPRING ONIONS

1 TABLESPOON CRAYFISH POWDER





SOAK THE RED BEANS IN WATER FOR 2-3 HOURS AND PLACE IN A POT WITH WATER AND BRING TO BOIL TILL BEANS IS VERY SOFT. IF YOU ARE USING A REGULAR POT, IT MAY TAKE A REALLY LONG TIME TO GET THE BEANS TO BE SOFT BUT KEEP BOILING TILL IT'S SOFT. IF YOU HAVE A PRESSURE COOKER, IT WOULD TAKE LESS TIME.

IN A SEPARATE POT, PEEL THE PLANTAIN AND PLACE IN THE POT AND BRING TO BOIL. ONCE PLANTAIN IS SOFT, MASH AND SET ASIDE.

ONCE THE BEANS IS SOFT, MASH AND SET ASIDE.

IN A PAN OR POT, HEAT UP THE PALM OIL ON MEDIUM HEAT AND FRY THE CHOPPED ONIONS, SPRING ONIONS, GARLIC AND PEPPER.

STIR IN THE MASHED PLANTAIN AND MASHED BEANS. SEASON WITH SEASONING CUBES AND CRAYFISH POWDER. STIR FRY FOR ANOTHER 2-3 MINUTES AND SERVE HOT.





SEMI-RIPE PLANTAIN POTTAGE

INGREDIENTS

- 4 SEMI-RIPE PLANTAIN FINGERS**
- 3 PIECES OF TOMATO (CHOPPED)**
- 5 SCOTCH BONNET PEPPERS (ATA RODO, CHOPPED) REDUCE**
AMOUNT IF YOU DO NOT LIKE SPICY
- A HANDFUL OF CHOPPED RED ONIONS**
- SEASONING CUBES**
- 1 TABLESPOON OF CRAYFISH POWDER**
- 1 CUP OF CHOPPED SHRIMP**
- 1 CUP OF CHOPPED GREEN VEGETABLES (SPINACH)**
- 1 COOKING SPOON OF SCENT LEAVES (BASIL LEAVES)**
- 1 COOKING SPOON OF PALM OIL**





PEEL YOUR PLANTAIN, CUBE AND PLACE IN A POT. ADD THE CHOPPED TOMATOES, PEPPER, ONIONS AND SEASONING CUBES.

BRING TO BOIL WITH ONE CUP OF WATER ON LOW TO MEDIUM HEAT AND ALLOW PLANTAIN TO SOFTEN. ADD MORE WATER AS NEEDED.

ADD THE CHOPPED SHRIMP AND CRAYFISH POWDER AND ALLOW IT TO SIMMER FOR 3-5 MINUTES TO ALLOW THE SHRIMP COOK.

ADD THE PALM OIL AND STIR PREFERABLY WITH A WOODEN SPOON. ADD YOUR VEGETABLES, STIR AND TAKE OFF THE HEAT IMMEDIATELY.

SERVE HOT!





BOLE, GRILLED CHICKEN AND VEGETABLES

INGREDIENTS (SERVES 1-2)

**1 LARGE CHICKEN BREAST
1 FINGER OF RIPE PLANTAIN
3 SCOTCH BONNET PEPPERS
A SMALL PIECE OF GINGER
2 CLOVES OF GARLIC
1/4 BULB OF ONION
1 STOCK CUBE
1 TEASPOON LEMON JUICE
1 TEASPOON OF OIL
4 TABLESPOON OF WATER
2 TABLESPOON OF BUTTER
1/4 RED, YELLOW GREEN BELL PEPPERS
1 SMALL TOMATO
1/2 PIECE OF CARROT
A HANDFUL OF SHREDDED RED CABBAGE**





BLEND THE SCOTCH BONNET PEPPERS WITH GARLIC, GINGER, LEMON JUICE, WATER, OIL AND STOCK CUBES.

MARINATE THE CHICKEN WITH YOUR BLEND AND ALLOW TO SIT FOR A FEW HOURS.

GREASE YOUR PAN WITH 1 TABLESPOON OF BUTTER AND PLACE THE CHICKEN IN THE OVEN TO GRILL AT 395 F

SLICE YOUR PLANTAIN INTO THIN LONG STRIPS AND BAKE FOR 15-20 MINS AT THE SAME TEMPERATURE.

CHOP YOUR BELL PEPPERS, CARROTS, TOMATO, RED CABBAGE AND ONIONS AND STIR FRY IN BUTTER WITH THE LEFT OVER STOCK CUBE.

SERVE WITH THE PLANTAIN, AND CHICKEN WHEN READY.





KELEWELE

INGREDIENTS

1 FINGER OF RIPE PLANTAIN

A PINCH OF SALT

1 TEASPOON OF CHILLI POWDER / 1 TABLESPOON OF PEPPER SAUCE

1/2 TEASPOON OF GINGER POWDER

1/2 TEASPOON OF ONION POWDER (OPTIONAL)

CUT YOUR PLANTAIN TO YOUR DESIRED SHAPE.

MIX IN YOUR SPICES.

HEAT UP YOUR OIL AND FRY YOUR PLANTAIN.

PLACE IN A PAPER TOWEL TO DRAIN.





DODO GIZZARD

INGREDIENTS

2 RIPE PLANTAINS

1 CUP OF GIZZARD

2 LARGE SCOTCH BONNET PEPPERS(ATA RODO)

1 SEASONING CUBE

1 MEDIUM SIZED ROMA TOMATO

1/2 COOKING SPOON VEGETABLE OIL

1 CLOVE OF GARLIC

1/2 TEASPOON OF GINGER

1/4 BULB OF ONION

1 CUP OF CHOPPED BELL PEPPERS (GREEN, YELLOW, RED)

1.5 TEASPOON OF SALT

2.5 CUPS OF WATER

2 SPOONS OF OIL - FOR FRYING





WASH THE GIZZARD AND SEASON WITH 1 TEASPOON OF SALT, ONE LARGE SCOTCH BONNET PEPPER, 1/8 BULB OF ONION AND BOIL WITH 2.5 CUPS OF WATER FOR 20 MINUTES ON MEDIUM HEAT.

***PEEL AND DICE THE RIPE PLANTAIN, SEASON WITH GINGER AND FRY.**

***CHOP THE REST OF THE ONIONS, THE ROMA TOMATO, THE SCOTCH BONNET PEPPER, GREEN BELL PEPPER AND GARLIC**

***HEAT UP THE VEGETABLE OIL, FRY THE ONION AND GARLIC ON MEDIUM HEAT FOR 3 MINUTES.**

***FRY THE CHOPPED ROMA TOMATO, BELL PEPPERS AND THE SCOTCH BONNET PEPPER**

***SEASON WITH THE REST OF THE SALT, SEASONING CUBE AND STIR IN THE GIZZARD.**

***ADD THE FRIED PLANTAIN AND STIR IN AND LEAVE TO SIMMER FOR 5 MINUTES.**





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