



Cinnamon Steam Plantains

- *Serves 2-3*

Ingredients

- 2 plantains, somewhat ripe (speckled with some black - like bananas. Keep the skin on but cut into 2-inch segments)
- 2 tsp of sugar
- 1 cinnamon stick
- Water to reach 2 inches in a 3-quart saucepan

Instructions

- In a 3-4 quart saucepan, boil water with sugar and the cinnamon stick until the sugar dissolves. Add plantain segments and cover the pot, simmer for 15-30 minutes until the plantains are soft. I test mine with a toothpick, which should slide into the center of a chunk of plantain easily.
- Remove the cinnamon stick and rinse and dry so it can be used again and again.
- Remove the flavored water with the unpeeled plantain chunks and let them cool. The plantain chunks need to be peeled before eating, but I serve them with a little of the liquid.
- As a dessert, I drizzle a little honey on top or add some coconut cream and chopped peanuts. However, they are great AS IS.