

Tatale (Plantain Flapjacks)

Fixings

4 overripe plantains

2 onions, generally hacked

½ scotch hood bean stew, deseeded, cleaved

25mm new root ginger, stripped and ground

¾ tsp ground hot pepper or cayenne pepper

Ocean salt, to taste

280g rice flour, in addition to extra depending on the situation

Feasible palm or carotene oil, for broiling

Strategy

1. Plantains can be peeled, chopped, or blitzed with onions, chili, ginger, cayenne, and sea salt to taste. Mix until all around consolidated, yet at the same time with some surface. Add rice flour depending on the situation to accomplish a consistency like drop-scone player. On the other hand, pound the fixings together in a bowl - it needn't bother with to be really smooth. Having plantain specks in small pieces is a nice touch.

2. Heat 1 tbsp oil in a nonstick griddle over a medium-high intensity. Once hot, add 1 tbsp of the plantain blend to the skillet. Spread the mixture out evenly with a palette knife or the back of a spoon to form a pancake that is 4 cm in diameter and approximately 1 cm thick. Rehash with a greater amount of the plantain combination, contingent upon the number of hotcakes your skillet that will oblige.

3. Using a palette knife, gently turn the pancakes over when they start to bubble and brown at the edges. Broil for a couple of moments on the opposite side. Eliminate from the container and rehash with the leftover plantain combination, keeping the cooked flapjacks hot while you fry the rest. Serve hot or warm with the bean stew