



### Recipe Summary

**Difficulty:** Medium

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

**Yield:** 4 servings

**User Rating:** ★★★★★

2 to 3 ripe black plantains  
5 tablespoons unsalted butter, divided  
1 teaspoon ground cinnamon  
1 teaspoon natural vanilla extract  
2 tablespoons brown sugar

To peel the plantains, cut off ends and discard. With a paring knife, make 3 shallow slits lengthwise along the seams of the skin and peel away. Split the plantains lengthwise.

Heat 4 tablespoons butter in a large skillet and place over medium low heat (plantains have a high sugar content and will burn if the heat is too high.) Fry the plantains in a single layer, until golden on the bottom then turn over with a spatula. Add the cinnamon, vanilla, and sugar and let cook a few more seconds, just to begin caramelizing the sugar.

Just before serving, melt remaining tablespoon of butter to finish the sauce. Serve immediately.

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