

Sweet Plantains (Platano Dulce)

Serving 4

INGREDIENTS:

3	ripe plantain
1 ½ cup	water
100 gr	cane sugar (or 6 tbsp. brown sugar)
8	cloves
3	cinnamon sticks
1 tbsp.	vanilla essence
60 ml.	cooking oil
Salt, cloves	

PREPARATIONS:

- *Put the oil in a frying pan.*
- *Peel the plantains and divided each one into 3 parts.*
- *Add 3 tbsp. of brown sugar/sugar cane to the frying pan with the oil, on medium heat.*
- *Add the plantains, fry them on all sides and add the rest of the sugar, salt, cloves, cinnamon, vanilla essence and water.*
- *Set over medium heat and allow everything to cook until turns into caramel.*
- *Turn off the heat and allow it cool down before serving.*