

Labouyi Bannann (Plantain Porridge)

Courtesy of Shirleyne McDonald

AhealthyU Cooking Demonstration, June 18, 2020

Ingredients

- 1 green plantain (washed)
- 3 cups water
- 1 star anise (optional)
- 1 cup evaporated milk (almond milk or other milk substitute will work)
- 1 tsp cinnamon powder (from cinnamon stick)
- 1/4 - 1/3 cup sugar (or sugar substitute)
- 1 tbs butter
- 1 tbs vanilla extract
- 1 tsp salt (or to taste)



Tools

- 1-quart saucepan
- Blender

Directions

Peel some of the skin (husk) of the plantain and cut into small pieces (8 or so). In a blender, puree the plantain and 2 cups of water.

In a 1-quart saucepan, add 1 cup of water, evaporated milk, cinnamon, butter and bring to boil. Once the pot is boiling, add the plantain puree to the pot and bring to a boil while stirring continuously for 5 minutes. The porridge will thicken. Add the salt, sugar, vanilla, and grated star anise. Keep stirring for 10 minutes.

Reduce the heat to medium and keep stirring for another 10 minutes, while tasting porridge to ensure the plantain is thoroughly cooked. The porridge is ready when the texture is similar to cooked oatmeal. Spoon into bowls and serve.

Enjoy!