

Pazham Puzhungiathu - Steamed Plantains

There are many varieties of plantains available in Kerala. Every corner shop has bunches of them hanging from metal hooks, at various stages of ripeness. Ripe, sweet plantains are fried and dipped in caramelized sugar (*pazham pori*) or fried in a mixture of cinnamon and molasses. STEAMED PLANTAINS with a sprinkling of sugar is a quicker and healthier way of enjoying something sweet.

Ingredients (To serve 4)

- Ripe plantains - 4
- Sugar - 4 tbsp
- Grated coconut - 3 tbsp

Utensils

- Steamer
- Small pan

Cooking (20 minutes)

1. Prepare the steamer.
2. Just before steaming, score the plantain skin.
3. Steam the unpeeled plantains for about 12-14 minutes, until they are tender.
4. Heat the small pan, and toast (no oil) the coconut until golden brown.

Serve: Warm. Peel the plantains and sprinkle with sugar and coconut.

Nutrition Information

	(per serving)	%DV
Calories	280	14 %
Carbohydrates	70 gm	23 %
Protein	2 gm	4 %
Fat	2 gm	3 %
Cholesterol	0 mg	0 %
Sodium	3 mg	0 %
Fiber	4 gm	16 %
Calcium	6 mg	1 %
Iron	1 mg	6 %