

OFAM = SPICED PLANTAIN CAKE

Ingredients:

2 -3 over ripe Plantains

1/2 cup Spelt flour Type 630

1 thumb sized Ginger

1 medium Onion

1 Scotch Bonnet Pepper

4 Tbsp Palm Oil

Salt to your taste

Cut plantains into cubes and grind with a potato masher. Blend the ginger, onion, and Scotch Bonnet Pepper until smooth then add it to the mashed plantains and combine all with the flour, salt, and palm oil. Slightly grease your baking loaf and pour the batter into. Bake for 35mins at 170° or at least or till toothpick comes out clean. Let cool before serving.

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Recipes Culinary

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