

Black refried beans & plantain empanada



Yield:

6

AMT	UNIT	INGREDIENTS	PROCEDURES
1	cup	black refried beans	for the masa, mix in a bowl the flour with the salt and then add water until you get a uniform dough, cover with plastic film.
1	piece	planain	
2	cup	tortilla flour or masa	cut the plantain in 3 pieces wih the skin and cook in boiling water for ten minutes, let it cool and remove skin and make a purée
1 + 1/4.	cup	water	
1	cup	shredded queso fresco	for making the empanada, make a ball with the masa like the size of a golf ball. Then using the press with two plastic bags press the ball. Take off the plastic bag from the top and place a tablespoon of black beans and one of the plantain puree. Fold it and press the edge so the empanada won't open. deep fry for 4 minutes with medium heat, place the empanada in a plate with kirchen towels to absorb the excess of oil.
1	cup	cream	
3	cup	vegetale oil	
1	teaspn	salt	
			Serve with green tomatillo salsa, garnish with the queso fresco and cream.

