



# Plantains in Caramel Syrup

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 5 ripe Plantains, peeled but not cut
- 4 cups Water
- 1/3 cup Brown sugar (preferred but may also use white sugar)
- 1 dash Salt

## Instructions

1. Place all the ingredients in one pan. Cover and allow to boil for 20 minutes.
2. When the bananas cook, lower the heat to medium. Make sure that the water is still boiling.
3. Wait for the liquids to thicken. It may take at least 15-20 more minutes.
4. When the syrup is thick and turns to a lovely red, turn off the heat.
5. Let the bananas cool down in a dish.
6. Serve with a cold drink.