

Courtesy of Sweet Toppings ATL

BAKING & DESSERTS Sweet Toppings ATL

Mini bolón bites from Sweet Toppings ATL

By Sarra Sedghi · Rough Draft Atlanta, 9/8/2026

Makes about 16 bites | **Prep** 10 minutes | **Cook** 30 minutes *Servings are Rough Draft estimates.*

Ingredients

- [ ] 2 green plantains, peeled and cut into chunks
- [ ] 2 garlic cloves
- [ ] 1/4 teaspoon ground cumin
- [ ] Salt and black pepper, to taste
- [ ] 2 Tbsp butter, melted
- [ ] 4 1/4 ounces fresh cheese or mozzarella
- [ ] Neutral oil for deep-frying

Directions

1. **Start the plantains:** Place the green plantains in a pot and submerge in water. Add garlic, cumin, salt, and black pepper.
2. Bring to a boil then cook for approximately 20 to 30 minutes, or until plantains are tender.
3. Drain plantains and discard the garlic cloves.
4. While the plantains are still warm, mash until smooth. Add melted butter and continue mashing until the mixture comes together into a soft, workable dough.
5. **Shape and fill:** Divide plantain mixture into portions of [approximately 30 to 35 grams each].
6. Flatten each portion slightly, place cheese in the center, and carefully form plantain mash around the cheese to create a ball, ensuring the cheese is completely enclosed.
7. **Fry the bolón:** Heat oil to 350°F.
8. Carefully fry the bolón bites until the outside is golden and crispy, approximately 5 to 6 minutes.

9 Remove bolón bites from oil and drain briefly before serving.

The story

This week, we're sharing the recipe for mini bolón bites from Sweet Toppings ATL. Bolón is an Ecuadorian dumpling made from green plantains.

"One of the most traditional ways to enjoy it is bolón de verde — a hearty ball made from green plantain and typically filled with cheese, chicharrón (crispy pork), or a combination of both. Paired with a cup of coffee, bolón con café is more than breakfast; it is a tradition," said Shirley Paucar, founder of Sweet Toppings ATL.

While Paucar's take on bolón doesn't involve traditional preparation, the recipe does maintain the heart of the dumpling: green plantain and cheese. You can purchase most of the ingredients at your local supermarket, but try sourcing the green plantains from an international grocery.

Paucar prefers using fresh mozzarella balls over cubed mozzarella for her recipe. And don't be afraid to incorporate other fillings, like chicharrón and shrimp. Bolón bites are best served warm, especially with a fried egg, hot sauce, and cup of coffee to make for a more traditional Ecuadorian breakfast.

Yield: 10 to 12 Prep time: 10 minutes Cook time: 30 minutes

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