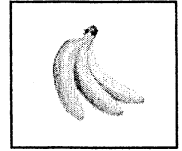




BANANA RECIPES



BANANA NUT CAKE WITH BUTTER ICING

(2 ½ cups)	Ripe Banana (about 5)				
312 g	(2 ½ cups)	Baking Flour	312 g	(1 ¼ cup)	G. Sugar
125 ml	(1/2 cup)	Orange Juice	3		Eggs
250 g	(1 cup)	Margarine	(2/3 cup)		Peanuts (chopped)
	(1 ¼ tsps)	B. Powder	(1 tsp)		Salt
	(1/2 tsp)	B. Soda			

Method:

- 1) Heat oven to 180 degrees C (350 degrees F).
- 2) Grease and flour two layer cake pans or one oblong pan.
- 3) Measure flour, and sift with flour, baking powder, soda and salt.
- 4) Add granulated sugar, margarine ½ of orange juice and mashed bananas.
- 5) Beat until smooth. Scrape sides and bottom of bowl constantly.
- 6) Add eggs and the rest of the juice. Continue beating vigorously about 2 mins. in an electric mixer.
- 7) Fold in chopped nuts and pour mixture into a prepared pan or pans.
- 8) Bake layers until an inserted toothpick or skewer comes out clean.
- 9) Cool. Decorate with butter icing and banana slices.

BUTTER ICING

125 g	(1/2 cup)	Margarine
	(3 cups)	Icing Sugar
	(3 tbsps)	Evaporated Milk
	(1 tsp)	Vanilla

Method:

- 1) Blend margarine and sugar thoroughly.
- 2) Stir in Evaporated Milk and vanilla until smooth.

BANANA- OATS CUPCAKE

3		Ripe Bananas	125	ml	(1/2 cup)	Milk	
		(1 cup)	Oats				
250	g	(1 cup)	G. Sugar	250	g	(1 cup)	Margarine
60	ml	(1/4 cup)	Molasses	80	ml	(1/3 cup)	Honey
3			Eggs	5	ml	(1 tsp)	Vanilla
		(1 tsp)	Salt			(1 1/2 tsps)	B. Powder
		(1/2 tsp)	B. Soda			(1/2 tsp)	Ground Ginger (optional)

Method:

- 1) Cream together the butter and sugar until light and fluffy. Mix in the molasses, honey, eggs and vanilla.
- 2) Combine the dry ingredients and mix into the sugar mixture in three parts alternately with the milk.
- 3) Stir in the crushed bananas gently.
- 4) Place the batter in greased muffin cups and bake at 180 degrees C (350 degrees F) for about 35 mins until brown.

BANANA-CARROT BREAD

250	ml	(1 Cup)	Ripe Banana	10	ml	(2 Tbsp)	Vanilla
		(1/2 Cup)	Shredded Carrot				
166	g	(2/3 cup)	Brown Sugar			(2 Tsp)	Mixed Spice
2			Eggs (Beaten)			(1 Tsp)	Nutmeg
125	ml	(1/2 Cup)	Vegetable Oil			(1/4 Tsp)	Salt
187	g	(1 1/2 Cups)	Flour			(1 Tsp)	Cinnamon
		(1 Tsp)	Baking Soda				

Method:

- 1) Mix together, crushed banana and sugar.
- 2) Add beaten eggs, oil and vanilla, mixing well after each addition.
- 3) Sift together, flour, spices, baking soda and salt.
- 4) Gradually add the wet mixture to the dry ingredients. Pour into a greased and floured baking tin and bake at 180°C, (350 °F) until done.

BANANA CAKE

		(1 ½ Cups)	Ripe Banana	(2 Tsp)	Baking Powder
312	g	(2 ½ Cups)	Baking Flour	(1 Tsp)	Baking Soda
375	g	(1 ½ Cups)	Sugar	(1 Tsp)	Vanilla
180	g	(oz)	Margarine	(1/2 Tsp)	Nutmeg
2			Eggs	(1/2 Tsp)	Salt
167	ml	(2/3 Cup)	Milk or Orange Juice	(1/2 Tsp)	Lime Juice

Method:

- 1) Cream margarine and sugar until light and fluffy. Add eggs one at a time and beat well.
- 2) Sift together dry ingredients, baking flour, baking powder, baking soda, salt and nutmeg.
- 3) Add lime juice to mashed bananas.
- 4) Fold dry ingredients into fat and sugar and egg mixture, alternately with mashed bananas and Orange juice. Do not over mix.
- 5) Pour batter into greased and lined cake tin. Bake at 180 ° C (350 ° F) until done.

BANANA- PINEAPPLE BREAD

Use recipe for **BANANA BREAD**. To this, fold in ½ Cup Finely Chopped or Tinned Pineapple.

BANANA – NUT BREAD

Use recipe for **BANANA BREAD**. Add ¼ Cup Chopped Peanut.

GREEN BANANA PUDDING

		(4 Cups)	Grated Green Banana (approx. 8)		
500	g	(2 cups)	Brown Sugar	375	g
		(2 Tsp)	Nutmeg		(3 cups) Flour
15	ml	(3 Tsp)	Vanilla	1	liter
		(½ Cup)	Raisins		(4 Cups) Coconut Milk
		(½ Tsp)	Salt	60	g
					(2 Tsp) Cinnamon
					(2 oz) Margarine

Method:

- 1) Wash bananas, peel, grate and measure. Set aside. Use sugar to sweeten coconut milk.
- 2) Add flour to grated banana. Use sweetened milk to moisten.
- 3) Add all other ingredients and blend well.
- 4) Pour into a greased baking tin bake for about 40-45 mins. in a moderate oven until done.

GREEN BANANA FRUIT CAKE

375	g	(3 cups)	Banana Flour	and					
125	g	(1 cup)	Wheat flour	or				
		(4 cups)	Grated Banana	and				
250	g	(2 cups)	Wheat Flour		500	g	(2 Cups)	Brown Sugar
		(2 Cups)	Mixed Fruits		10	ml	(2 Tsp)	Vanilla
		(pre-soaked in wine)						(3 Tsp)	Baking Powder
4				Eggs				(2 Tsps)	Cinnamon
250	g	(½ lb)	Butter or Margarine				(2 Tsps)	Nutmeg
		(1 Tsp)	Lime Rind (Grated)					Food Browning

Method:

- 1) Cream butter and sugar until light and fluffy. If grated banana is used, fold in at this time.
- 2) Add slightly beaten eggs one at a time. Fold in thoroughly after each addition.
- 3) Add grated lime rind, vanilla and spices. Beat in Food Browning.
- 4) Combine both flours and baking powder. Add to butter-sugar mixture alternately soaked fruits.
- 5) Pour into a greased and floured or lined tin and bake at 180 ° C (350 ° F) until done.

BANANA FLOUR

35 Fingers Green Bananas
62 ml (¼ Cup) Lime Juice

Method:

- 1) Peel bananas and slice thinly lengthwise
- 2) Place in cold water and lime juice for 2-3 min.
- 3) Drain and put to dry on thin sheets in direct sunlight.
- 4) When thoroughly dried, grind or pound with mortar and pestle. Sift. With leftover roughage, repeat the process.

Yield approx. 500 g (1 lb) Flour

GREEN BANANA DUCKUNOO

	(4 Cups) Grated Green Banana	125 g	(1 Cup) Grated Coconut
	(1 ½ Cups) Cornmeal	500 ml	(2 Cups) Coconut Milk
15 ml	(3 Tsp) Vanilla		(1 Tsp) Cinnamon
375 g	(1 ½ Cup) Brown Sugar		(1 Tsp) Mixed Spice
	(1 Cup) Raisins	30 ml	(2 Tsp) Melted Margarine

Method:

- 1) Combine grated green bananas, cornmeal, grated coconut, salt, mixed spice, margarine and raisins.
- 2) Sweeten coconut milk with sugar, add vanilla. Pour into banana mixture and blend well.
- 3) Prepare banana leaf by cutting out centre stalk and holding leaf over boiling water or before a flame to make it pliable.
- 4) Tear leaf in large enough pieces, place 125 ml (½ Cup) mixture in leaf and fold up to make a parcel. Tie with banana bark
- 5) Place parcels in enough boiling water to cover and boil for 30-45 mins.

GREEN BANANA COOKIES

	(1 ½ Cups) Grated Banana	540	(3 ½ Cups) B. Flour
225 g	(½ lb) Butter	1			Egg
225 g	(½ lb) G. Sugar		(1	Tsp) B. Powder
	(4 Tsp) Vanilla		(½	Tsp) Mixed Spice

Method:

- 1) Cream butter and sugar together, add egg.
- 2) Add spice and vanilla. Add flour and baking powder gradually and mix. Fold in grated banana.
- 3) Pipe onto baking sheets, decorate with cherries or home-made dried fruits.
- 4) Bake at 180 ° C (350 ° F) until done.

BANANA BUN

1 cup	Grated Banana
1 Bottle	'Stout' or 'Malta'
2 ½	Cups Brown Sugar
2 ozs	Melted Margarine
3	Egg Lightly Beaten
1 tsp	Honey
1 tsp	Molasses
2 ½ Cups	Flour
2 tsp	Mixed Spice
2 tsp	Baking Powder
1 Cup	Home made preserved fruits

Method:

- 1) Combine stout, sugar, margarine, honey, beaten egg and molasses. Sift flour, baking powder and add spice.
- 2) Add to first mixture.
- 3) Add Fruits and mix well.
- 4) Bake in a 9'' × 5 × 3'' loaf pan at 350°F for approximate 45 minutes.

GREEN BANANA SALAD

1	doz.	Green Bananas	5	ml	(1 tsp)	Lime Juice
2	l	(8 cups)			(1 tsp)	Salt
2	tins	Sausages	1	tin		Mixed Vegetables
1	tin	Whole Kernel Corn	1	medium		Green Sweet Pepper
1	medium	Red Sweet Pepper	1	medium		Onion
60	ml	(1/4 cup)	60	ml	(1/4 cup)	Veg. Oil
		(1 tbsp)			(1/2 tsp)	White Pepper
4		Lettuce Leaves				

Method:

- 1) Put water to boil and add salt and lime juice.
- 2) Peel green bananas and cut each banana into eight pieces. Boil for about 15 mins then drain and allow to cool.
- 3) Drain and slice sausages, drain the cans of vegetables and chop peppers and onions and set aside.
- 4) Combine chopped onion, vinegar, oil and sugar.
- 5) Place bananas in a large bowl and add the sausages, the drained vegetables and the sweet peppers. Pour on the vinegar and toss gently.
- 6) Serve on a bed of lettuce.

RIPE BANANA FRITTERS

	(1 Cup)	Ripe Banana Mashed		(3 Tsps)	B. Sugar
	(1/4 Tsps)	Salt	1		Egg
	(1/4 Tsps)	Nutmeg			
125	g	(1/2 Cup) Milk			Cooking Oil

Method:

- 1) Put mashed banana into a mixing bowl. Add beaten egg, sugar, salt, nutmeg, and flour, blend to a dropping consistency
- 2) Put enough cooking oil in pan for shallow fat frying, allowing to heat.
- 3) Drop batter by tablespoonful into hot fat. Fry on medium heat until bubbles appear. Turn and continue frying until done

N.B the quantity of the flour used depended on the size of the egg, and the ripeness of the bananas.

CHEEZY BANANAS

2		Doz. Green Bananas	1		Onion (finely Chopped)
500	g	(1 lb) Cheddar Cheese (Grated)	1		Medium Carrot (Diced)
250	ml	(1 Cup) Milk	60	g	(2 ozs) Margarine

Method:

- 1) Boiled peeled bananas in water until soft. Remove from water, drain and mash. Add ½ of milk. Mix well.
- 2) Lightly grease pie dish or baking dish. Sauté carrots in margarine
- 3) Beat eggs, add to the carrot, remaining milk and grated cheese
- 4) Place layers of mashed banana and cheese mixture, alternately in dish, starting with bananas.
- 5) Bake in a moderate oven for 15-20 mins.

BANANA SHEPHERD'S PIE

1	Doz	Green Bananas	125	g	(1 Cup) Breadcrumbs
500	g	(1 lb) Mince	2		Onion
125	g	(1 lb) Butter	2		Cloves Garlic
90	ml	(3 Tbsp) Cooking Oil	1		Green Sweet Pepper (
125	g	(1/4 lb) Cheese (Shredded)	250	ml	(1 Cup) Milk

Method:

- 1) Brown the mince in the oil, add chopped onions, garlic, and sweet peppers
- 2) Crush green bananas while still hot and add milk and butter. Mix well.
- 3) In a greased baking pan, place alternate layers of banana mixture and mince, ending with banana.
- 4) Combine breadcrumbs and shredded cheese. Sprinkle on top of prepared dish.
- 5) Bake in a moderate oven for 10-15 mins until slightly browned and cheese melted.

BANANA-PEANUT SHAKE

2-3		Ripe Bananas
500	ml	(2 Cups) Milk
		(1/2 Cups) Raw Peanuts
		(1/4 Tsp.) Angostura Bitters
		Sugar to taste

Method:

- 1) Blend together bananas, milk, peanuts and bitters.
- 2) Add sugar to taste.
- 3) Serve over cracked ice.

RIPE BANANA JAM

12			Ripe Bananas (Chopped)
750	g	(3 Cups)	Sugar
250	ml	(1 Cup)	Water

Juice of two limes

Method:

- 1) Place the bananas to boil with the water. When half-cooked, remove from heat and cool slightly.
- 2) Measure, and for every 500ml (2 Cups/ 1pt.), add 500g (1lb.) Sugar, and 2 Tbsps. Lime Juice.
- 3) Put back on heat, and allow to boil until setting point is reached
- 4) Pour into warm sterilized bottles. Cover immediately.

RIPE BANANA CHUTNEY

6	Fingers	Ripe Bananas (Chopped)	(2 Tsp)	Grated Ginger
250	g	(1/4 lb) Onion	(1/2 Cup)	Cho-Cho
		(1/2 Cup) Raisins	(1/2 Cup)	Carrot (Diced)
250	g	(1 Cup) Sugar	750 ml	(3 Cups) Vinegar

Hot Pepper (chopped)

Method:

- 1) Put the ripe bananas to boil in a small amount of water, just enough to cover. Simmer. Add sugar and allow to simmer.
- 2) Add all the other ingredients and simmer until thick, stirring to prevent it sticking to the bottom.
- 3) Pour into hot, sterilized bottles.

BANANA WINE

24	Fingers	Ripe Bananas (with skin)	
250	g	(1 Cup)	Rice
6	l	(24 Cups)	Warm Water
1	kg	(8 Cups)	Sugar

Method:

- 1) Slice the bananas, keeping the skins on. Add sugar and warm water and stir until sugar is dissolved.
- 2) Cool the mixture, pour into dark bottles and cover.
- 3) Leave for a month, then strain through a thin piece of cloth, into clean bottles. Leave to mature for another 4 weeks.

