



Traditional Indian Banana Recipes



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(An ISO 9001 : 2015 Certified Institute)

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History of Indian cuisine dates back to 500 BC when various groups and cultures interacted with India that led to a diversity of flavours and regional cuisines. Many Indian cuisine using banana and its parts have been evolved over the centuries across the states with diversity in cultural choices, demography and occupations. These cuisines differ from each other. Var. Patakapura the banana variety preferred to be offered to lord Puri Jaganath during puja and specially during car festival. Ancient Tamils have named banana varieties after their gods like Bramha (Poovan), Vishnu (Monthan) and Shiva (Peyan). Poovan is the sought-after variety during festivals and auspicious ceremonies in southern part of India. Following are few of the recipes with regional authentic taste from different parts of India.

Singhal (Kumaoni Malpua)

State: Uttarakhand



Yield : 5 Servings



Prep time : 240 minutes



Cook time : 15 minutes

Ingredients

Small ripe banana	- 1 Nos	25 g
Curd	- ½ cup	100 ml
Sooji/Rava/Semolina	- 1 cup	80 g
Sugar	- ½ cup	40 g
Milk	- ¼ cup	50 ml
Cardamom powder	- ½ tsp	2 g
Vegetable oil	- To deep fry	

Procedure

Add semolina, thick curd, mashed banana, sugar and green cardamom powder and mix well. Finally add milk and make it to a smooth batter. Cover it and keep aside for 4 hours.

Heat the oil in a deep-frying pan. Simultaneously, in a clean plastic bag (possibly a zip lock pouch) fill the batter and squeeze the bag, so that batter will reach at the bags corner. Make a horizontal cut at the bags end where the batter is collected. Drop the batter in spiral shape like jalebi in oil and fry it until golden brown colour appearance. Drain out excess oil in an absorbent paper and serve hot.

Nuggets

Singhal is a traditional dish that is being prepared during special occasions and festivals.

Shelf life
2-3 Days



Jain Dum Raw Banana

State: Rajasthan



Yield : 5 Servings



Prep time : 240 minutes



Cook time : 15 minutes

Ingredients

Unripe banana	- 3 Nos	130 g
Chopped coconut	- ½ cup	40 g
Chopped tomato	- 4 Nos	110 g
Green chilli	- 2 Nos	8 g
Curry leaf	- 8 Nos	5 g
Cumin seeds	- 1 tsp	4 g
Turmeric powder	- 1 tsp	4 g
Red chilli powder	- 1 tsp	4 g
Garam masala powder	- 1 tsp	4 g
Salt	- ½ tsp	2 g
Chopped coriander leaves	- 2 tsp	5 g
Curd	- 4 tsp	12 g
Oil	- 7 tsp	28 ml

Procedure

In a kitchen grinder, place the coconut, curry leaves, green chillies, tomatoes, cumin seeds, half teaspoon turmeric powder, half teaspoon red chilli powder, garam masala powder, salt, half teaspoon coriander leaves and three table spoons curd and grind to a smooth puree with a little water (if required).

Peel and cut the bananas into one-inch cubes and shallow fry till in the colour changes to light golden. Add ground puree to this and add remaining red chilli powder, turmeric powder and cook in medium flame for five minutes. Add the remaining curd and coriander leaves.



Shelf life
Same day consumption

Banana Sambharaiyu

State: Gujarat



Yield : 4 Servings



Prep time : 10 minutes



Cook time : 20 minutes

Ingredients

Unripe banana	- 1 ½ Cup	150 g
Grated coconut	- 5 tsp	10 g
Green chilli paste	- ½ tsp	4 g
Ginger paste	- ½ tsp	4 g
Cumin powder	- 1 tsp	4 g
Turmeric powder	- ¼ tsp	1 g
Red chili powder	- ½ tsp	2 g
Bengal gram flour	- 1 tsp	5 g
Salt	- ½ tsp	2 g
Chopped coriander leaves	- ½ cup	30 g
Mustard seeds	- ½ tsp	2 g
Oil	- 3 tsp	14 ml
Asafetida	- ¼ tsp	1 g

Procedure

Combine the coconut, green chilli paste, ginger paste, cumin powder, half the amount of turmeric powder, red chilli powder, besan and salt in a deep bowl and mix it well. Peel and slice the bananas into one cm slices and toss it into the mix and coat it well.

Heat oil in a deep non-stick pan and add mustard seeds and asafoetida. Add the prepared banana masala mixture. Mix gently and cook on medium flame for 10 minutes with occasional stirring. Once the bananas are well cooked, remove it from heat and serve hot.

Nuggets

Sambhariyu is a typical Gujarati dish that is prepared with freshly made masala with fresh aroma that kindle the appetite.

Shelf life

Same day consumption



Koldil Bhaaji

State: Assam



Yield : 4 Servings



Prep time : 10 minutes



Cook time : 20 minutes

Ingredients

Banana flower	- 2 cups	180 g
Potato dice	- 1 cup	70 g
Green chilli	- ½ tsp	4 g
Chopped garlic	- ½ tsp	4 g
Chopped onion	- ½ cup	40 g
Turmeric powder	- ¼ tsp	1 g
Garam masala	- ½ tsp	2 g
Salt	- ½ tsp	2 g
Chopped coriander leaves	- ½ cup	30 g
Mustard oil	- 2 tsp	10 ml

Procedure

Remove the outer bracts (purple-colored) of the banana flower and save the inner bracts without any purple colour for the preparation of this dish. Chop the saved portion of banana flower into thin slices. Peel and dice the potato in to cubes.

Heat mustard oil in a deep non-stick pan and add green chilli, garlic, onion, garlic and garam masala in to it and sauté well asafoetida. Add the chopped banana flower and potatoes to this and mix gently. Cook on medium flame for 15 minutes with occasional stirring. Once the potatoes are well cooked remove it from heat and serve hot.

Nuggets

Assamese cuisine is a blend of native styles with significant regional variations and simplicity

Shelf life

Same day consumption



Kachkolar Khosha Bata

State: Odisha



Yield : 3 Servings



Prep time : 10 minutes



Cook time : 10 minutes

Ingredients

Unripe Banana peel	- 4 Nos	180 g
Mustard seeds	- 1 tsp	7 g
Green chilli	- ½ tsp	4 g
Chopped garlic	- 1 tsp	8 g
Red chilli	- 2 Nos	8 g
Salt	- ½ tsp	2 g
Mustard oil	- 2 tsp	10 ml

Procedure

In a pan, boil the unripe bananas for at least 5 minutes and cool it to room temperature before peeling it. Chop the banana peels into small slices.

Heat mustard oil in a deep non-stick pan and add red chilli, garlic and sauté well. Give this a nice stir till the outer edges of the garlic turn brown. Put off the heat and add this to the banana peels along with the mustard oil. Add chopped green chilies and mix properly with all the ingredients. Once the peels are completely mashed and the seasonings get evenly mixed serve it hot.

Nuggets

The dish is mixed with rice and eaten at the start of a meal. Alternatively, it is used as a side dish with rice and dal.

Shelf life
2-3 days



Banana Halwa

State: Kerala and Maharashtra



Yield : 6 Servings



Prep time : 10 minutes



Cook time : 30 minutes

Ingredients

Ripe Banana	- 8 Nos	300 g
Ghee	- 6 tsp	32 g
Sugar	- 10 tsp	56 g
Green cardamom powder	- ½ tsp	5 g
Assorted nuts	- 2 tsp	7 g

Procedure

Peel the bananas and grind them in a large bowl. Place a pan on medium flame and heat ghee in it. Over the melted ghee add the mashed bananas and reduce the flame to low. Stir the mashed bananas in ghee and cook for about 15 minutes or until they become light brown in colour. Keep stirring the bananas to avoid them from sticking at the bottom of the pan.

Add sugar and stir well to dissolve the sugar completely and cook for another 5 minutes. Then add cardamom powder and stir once again and remove the pan from heat. Transfer the halwa to a serving bowl and allow the mixture to cool down at room temperature. Cut them into thick slices or mould them into shapes of choice and serve.

Nuggets

It is very soft and spongy due to continuous low flame roasting and intermittent addition of ghee.

Shelf life
15 days



Malpua

State: Bihar and Jharkhand



Yield : 6 Servings



Prep time : 60 minutes



Cook time : 30 minutes

Ingredients

Ripe Banana	- 1 Nos	50 g
All-purpose flour (Maida)	- 1 ½ cup	100 g
Sooji/ rava	- ½ cup	40 g
Sugar	- 10 tsp	56 g
Milk	- 1 cup	150 ml
Green cardamon powder	- ½ tsp	5 g
Mixed dry nuts	- ½ cup	40 g
Vegetable oil	- For frying	

Procedure

Peel the bananas and grind them in a large bowl. In a separate bowl add all the dry ingredients together except cardamon powder and dry nuts and mix it well. Slowly add milk and mix the dry ingredients together without any lump formation and then add the mashed bananas and mix well. Finally add the cardamon powder, dry nuts and mix it well. Set the batter aside for 60 minutes.

Place a pan on medium flame and heat oil in it. Over the heated oil, drop a serving spoon of batter in the centre of the hot oil and do not spread it. Fry it in low heat for 3 minutes and flip it fry the other side until it turns golden brown. Repeat the same for remaining batter and serve it hot.

Nuggets

Malpua is a common recipe at the time of Holi festival in every house of Bihar and Jharkhand.

Shelf life
2 Weeks



Mangalorean bun

State: Karnataka



Yield : 10 Servings



Prep time : 360 minutes



Cook time : 15 minutes

Ingredients

Ripe Banana	- 2 Nos	90 g
All-purpose flour	- 2 cup	130 g
Sugar	- 2 tsp	8 g
Curd	- ¼ cup	30 ml
Salt	- ½ tsp	2 g
Baking soda	- ¼ tsp	0.5 g
Vegetable oil	- For frying	

Procedure

Peel the bananas and mash them in a large bowl. Add sugar and mix all the ingredients together without any lump formation. Knead it until the dough turns stiff and smooth. Grease the dough with a teaspoon of oil and cover and rest it in a warm place for 6 hours.

Pinch a ball sized dough, dust with some all-purpose flour and roll slightly thicker than poori. Place a pan on medium flame and heat oil in it. Over the heated oil, deep fry the buns on both sides on medium flame until it turns golden brown and serve it hot.

Nuggets

Banana buns recipe is a popular breakfast recipe and ideally served along with idli and dosa. but it also hugely popular tea time snack especially with veg sagu combination.

Shelf life
7 Days



Pazham pori (Ethka Appam)

State: Kerala



Yield : 5 Servings



Prep time : 10 minutes



Cook time : 15 minutes

Ingredients

Ripe Banana	- 3 Nos	130 g
All-purpose flour	- 1 cup	70 g
Rice flour	- 1 tsp	5 g
Sugar	- 2 tsp	8 g
Turmeric powder	- ¼ tsp	1 g
Water	- ¾ cup	45 ml
Salt	- ¼ tsp	1 g
Vegetable oil	- For frying	

Procedure

Peel the bananas and slit it lengthwise. In a bowl add all-purpose flour, rice flour, sugar, turmeric powder and salt. Mix all the ingredients together with water without any lump formation. Dip the ripe plantain slices in the prepared batter and evenly coat them.

Place a pan on medium flame and heat oil. Over the heated oil, deep fry the batter coated ripe plantain slices on both sides on medium flame until it turns golden brown and serve it hot.

Nuggets

Popular evening snack in Kerala. Similarly in Tamil Nadu, cooking banana slices in besan powder batter dipped, fried called "Bhajji" is popular

Shelf life

Same day consumption



Kolar bora

State: West Bengal



Yield : 4 Servings



Prep time : 10 minutes



Cook time : 15 minutes

Ingredients

Ripe Banana	- 2 Nos	90 g
Grated coconut	- ½ cup	50 g
Rice flour	- 1 cup	70 g
All-purpose flour	- 1 tsp	5 g
Sugar	- ½ cup	35 g
Milk powder	- 2 tsp	8 g
Cinnamon powder	- ¼ tsp	1.5 g
Baking powder	- ¼ tsp	1 g
Vegetable oil	- For frying	

Procedure

Peel the bananas and mash them in a bowl. Add in and mix all the dry ingredients together for form up as a dough. Make lemon sized balls of the dough and allow them to rest in dry space for 20 minutes.

Place a pan on medium flame and heat oil in it. Over the heated oil, gently drop in the balls and fry on medium flame until it turns dark brown. Drain the excess oil and transfer them on a tissue lined plate for a minute to absorb excess oil. Repeat the process and fry bora or fritters with rest of the batter.

Nuggets

Kolar bora is a famous Sankranti dish.

Shelf life

3-5 Days



Panchamirtham

State: Tamil Nadu



Yield : 4 Servings



Prep time : 20 minutes

Ingredients

Ripe Banana	- 1 Nos	50 g
Deseeded dates (chopped)	- 4 Nos	15 g
Raisin	- 1 tbs	7 g
Brown Sugar	- 2 tsp	12 g
Honey	- 1 ½ tsp	8 g
Cardamom	- 1 Nos	0.5 g
Sugar candy/ <i>Kalkandu</i>	- ½ tsp	2 g
Ghee	- 1 tsp	4 ml

Procedure

Peel the bananas and mash them in a bowl. Add in all the other ingredients except ghee and mash it with the help of a potato masher. It is not recommended to mash it smoothly, rather bit of fruit pieces can be visibly seen. Finally, when everything looks combined add ghee, mix well and relish it.

Nuggets

This traditional delicacy is prepared to offer Lord Murugan. The famous Palani panchamirtham, given as 'prasadam' at the Palani temple, has been granted the Geographical Indication (GI) tag.

Shelf life
7-10 Days



Banana Tepla

State: Gujarat and Maharashtra



Yield : 4 Servings



Prep time : 10 minutes



Cook time : 15 minutes

Ingredients

Ripe banana (sliced)	- ¼ cup	190 g
Whole wheat flour	- 1 cup	300 g
Green gram flour	- 1 tsp	8 g
Chopped coriander	- 3/4 cups	90 g
Oil	- 2 tsp	15 ml
Mustard seeds	- 1 tsp	4 g
Asafoetida powder	- ¼ tsp	1 g
Salt	- ¼ tsp	1 g
Turmeric powder	- ¼ tsp	1 g
Chilli powder	- ½ tsp	2 g

Procedure

Combine all ingredients together in a mixing bowl and knead to a semisoft dough using enough water. Cover and keep it aside for 10 min. divide the dough into 10 or 12 equal portion and roll out each portion using a roti sheeter. Heat a non-stick pan and cook each roti until it turns golden brown, serve it hot

Nuggets

Difference between roti and tepla: Roti dough is made with whole wheat flour (finer), seasoned with salt. Chapatis are an everyday food, cooked on open flame after taking it off the flame thepla is often multigrain, usually made with whole wheat flour with the addition of besan or chick pea flour.

Shelf life
Same day consumption



Koldil Murgh

State: Assam



Yield : 3 Servings



Prep time : 15 minutes



Cook time : 50 minutes

Ingredients

Curry cut chicken	- 1 ½ cups	350 g
Chopped banana flower	- 1 Nos	400 g
Onion paste	- 4 tsp	28 g
Ginger garlic paste	- 1 tsp	8 g
Green chilli	- 4	10 g
Cardamom	- 2 Nos	1 g
Cloves	- 2 Nos	1g
Cinnamon stick	- ½ inch	1 g
Bay leaf	- 1 Nos	1 g
Turmeric powder	- ¼ tsp	0.5 g
Coriander powder	- 1 tsp	2 g
Red chilli powder	- 1 tsp	2 g
Lemon juice	- ½ tsp	3 ml
Mustard oil	- 4 tsp	16 ml
Salt	- ¾ tsp	1 g

Procedure

Marinate the chicken for 2 hours with ginger garlic paste, lemon juice and ¼ teaspoon of salt. Boil the chopped banana flower in salted water for 7 minutes. Drain the water completely by squeezing and keep it aside. Heat 2 teaspoon of oil in a pan and saute bay leaf, crushed cloves, cinnamon and cardamom. Add onion paste and green chillies and saute for 10 minutes. Then add the marinated chicken, turmeric powder, coriander powder and red chilli powder and cook over medium flame for 15 minutes. Finally add the chopped banana flower, give it a mix and allow it to sit over a medium flame for atleast 20 minutes and serve hot.

Shelf life

Same day consumption



Acknowledgement :

We acknowledge different communities and ethnic groups who preserves the authenticity and tradition of these cuisines. We also acknowledge chefs and web sources for providing references for making this folder. No commercial angle is attached with the publication.



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