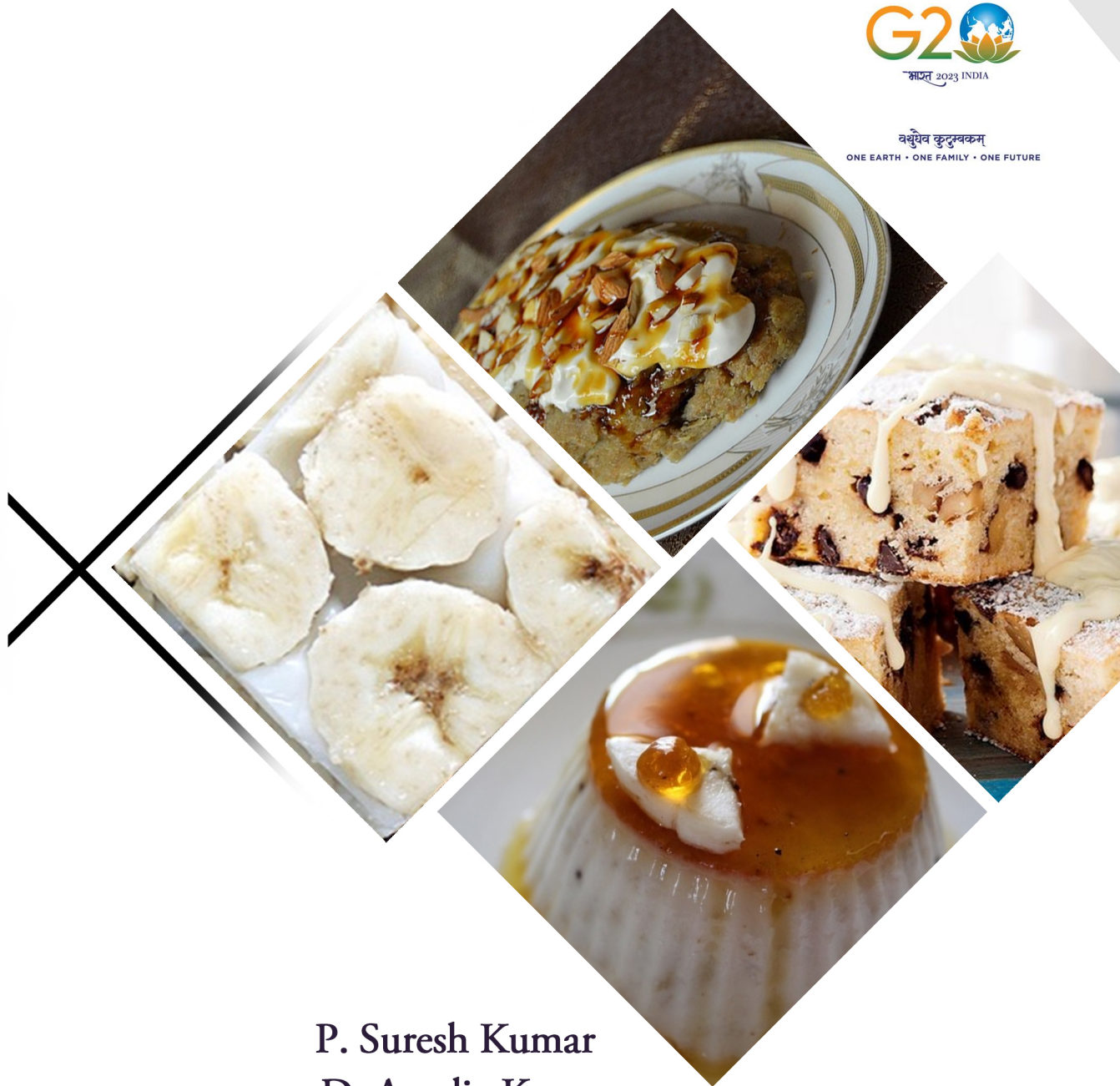


Exotic and Quick Home Relish Banana Recipes



वसुधैव कुटुम्बकम्
ONE EARTH • ONE FAMILY • ONE FUTURE



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Bananas deserves way more complements than we give to them. There are many more food treats to attempt than we realize, from banana pudding to panna coata. Each country has developed products and recipes using banana as ingredients due to its wholesomeness. They are delicious, nutritious, refreshing, sometimes simple, many a time sumptuous and exquisite. Presenting some exotic banana recipes from different countries that are symbolizing the culture, heritage, blending modernity with tradition. These products also have business potential to be included in caters and add variety to the menu.

Thai Banana-Lychee Dessert



Yield : 3 servings



Prep time : 5 minutes



Total time : 15 minutes

Preparation

Peel the bananas and slice them in to half lengthwise. Cut these lengths into smaller sections i.e., roughly about 2 inches long. Similarly, peel and deseed the litchis. Pour entire can of coconut milk into a saucepan or pot and place it over medium-high heat. To this add sugar and salt. Stir them continuously to dissolve it completely. Now add the bananas and lychees. Continue stirring until the bananas and lychees are warmed (3 min). It can be either served warm or cold.

Nuggets

It's a low-fat dessert. It is famously known as "dessert soup" in Asia.

Ingredients

Small ripe banana	- 2 Nos	50 g
Coconut milk	- 1 can	250 ml
Brown sugar	- ¼ cup	32 g
Salt	- 1 tsp	0.5 g
Litchi	- 10 Nos	17 g



Mason Jar Banana Pudding



Yield : 8 servings



Prep time : 10 minutes



Total time : 25 minutes

Preparation

Mix all-purpose flour, sugar, salt and nutmeg together and sieve them in a bowl. Separately, Whisk egg yolks in milk. Combine the dry mix and whisk them well. Bring this whisked mix to boil over medium-high heat. Stir them constantly for 5 minutes until pudding becomes thick. Remove from heat and add vanilla extract. Place a layer of wafers in bottom of 300 ml mason jars over which place the sliced bananas. Over this, spoon a thick layer of pudding. Add more wafers and cover with pudding, leaving about half an inch of space at the top of the jar. In a stand mixer, whisk egg whites and vanilla extract to form soft peaks. Slowly add sugar to meringue and continue to whisk until stiff peaks form. Top each jar of with a layer of frosting. Bake in a 200 °C oven for 4 minutes. Cool on rack, then refrigerate before serving.

Nuggets

It's a high energy food rich in unsaturated fatty acids.

Ingredients

Sliced ripe banana	- 4 Nos	112 g
All-purpose flour	- 1/3 cup	47 g
Sugar	- 2/3 cup	120 g
Salt	- ½ tsp	2 g
Nutmeg	- ¼ tsp	1 g
Egg yolk	- 4 Nos	62 g
Egg white	- 4 Nos	106 g
Vanilla extract	- 2 tsp	7 ml



Orange Banana Soup



Yield : 3 servings



Prep time : 15 minutes



Total time : 35 minutes



Preparation

Peel the onion and chop it finely. Slit open the bell pepper lengthwise, remove the white inner skins and seeds and cut them thin strips. In a sauce pan, heat a tablespoon of vegetable oil to sauté chilli pepper and onion. Slowly add the orange juice and zest into the pan and then add 400 ml water. Bring them to boil and add vegetable stock (Optional). Stir in the tomato paste and cook covered for about five minutes. Mash two bananas into puree and add them into the soup.

Dry heat the dessciated coconut for 2 mins and keep them aside. Slice the remaining banana and coat them with dessicated coconut and fry then in low flame for about three minutes and keep them aside.

Divide the soup on plates, place the baked banana slices and sprinkle the remaining desiccated coconut over the soup. Serve garnished with chilli rings and herbs if desired.

Ingredients

Ripe banana	- 3 Nos	90 g
Onion	- 1 Nos	67 g
Red bell pepper	- 1 Nos	36 g
Vegetable oil	- 2 Tsp	41 g
Orange juice	- ¼ cup	30 g
Grated orange peel	- 1 tsp	4 g
Tomato paste	- ¼ tsp	0.5 g
Desiccated coconut	- 4 tsp	7 g
Water	- 1 ½ cup	400 ml



Filipino Banana Ketchup



Yield : 12 servings



Prep time : 10 minutes



Total time : 25 minutes



Preparation

In a pan, heat oil over medium heat. Add the garlic, onion, and ginger. Sauté for 5 minutes, until soft and fragrant. Add the mashed bananas, tomato paste, and brown sugar. Mix well. Add the vinegar, water, and red chilli powder. Mix well and bring the mixture to a simmer. Reduce the heat to medium low and simmer for 10 minutes, until thickened slightly. Remove the pan from the heat and let the mixture cool slightly. Transfer the cooled mixture to the bowl of your food processor or blender. Blend until smooth.

Nuggets

First produced during world war II due to war time shortage of tomatoes and higher production of bananas.

Used in hamburger, french fries, chicken skewers and fried products.

Ingredients

Mashed ripe banana	- 2 Nos	50 g
Diced onion	- 1 cup	250 g
Ginger garlic paste	- 3 tsp	32 g
Tomato paste	- ½ cup	100 g
Brown sugar	- ¼ cup	50 g
White vinegar	- ¼ cup	40 ml
Water	- ½ cup	125 ml
Red chilli powder	- ¼ tsp	0.5 g



Puerto Rican Tostones



Yield : 3 servings



Prep time : 5 minutes



Total time : 25 minutes

Preparation

Peel the banana / plantain and cut into one-inch slices and immerse them in water. Heat oil in a frying pan and fry the slitted bananas. Cook both the sides until they turn slightly brown in colour. Transfer plantain slices to a chopping board; flatten each one by placing a small plate on top and pressing down. Dip plantain slices in the cold water. Heat oil in the “skillet” pan over medium heat; cook plantain slices for 1 minute on each side. Season to taste with salt and serve immediately.



Ingredients

Unripe banana	- 4 Nos	110 g
Salt	- 1 tsp	4 g
Oil	- 5 tsp	40 ml
Water	- 3 cup	600 ml

Nuggets

Serve with mayo ketchup or mojo de ajo (garlic oil sauce) for dipping!
Good appetizer.

Chinese Toffee Banana



Yield : 3 servings



Prep time : 15 minutes



Total time : 35 minutes

Preparation

Slice banana into three-inch pieces and fry them in oil. In a mixing bowl add the flours, baking powder and vegetable oil. Add cold water as required to make a thick batter. Dip each slice in batter, coat it all over and deep fry in batches until they are crisp. Drain on paper towels and keep aside. To prepare the caramel, place the sugar and water in heavy-based saucepan. Cook on a low heat till the sugar caramelizes. Remove from the heat and work very quickly through the rest of the steps. Drop one banana fritter at a time into the hot caramel, coat it all over with a fork or spoon, then remove it immediately and drop them into a bowl of iced water so that the caramel hardens immediately. Take them out immediately and drain on a wire rack, then sprinkle black and white sesame seeds on top.

Ingredients

Firm ripe banana	- 3 Nos	85g
Black sesame seeds	- 1 tsp	4 g
White sesame seeds	- 1 tsp	4 g
Sunflower oil	- 10 tsp	4 ml

For batter

All-purpose flour	- 3 tsp	14 g
Corn flour	- 3 tsp	14 g
Salt	- 1 tsp	4 g

For caramalization

Granulated sugar	-1 cup	90 g
Water	- 3 tsp	18 ml
Ice cold water	- 3 cups	160 ml





Masoub



Saudi Arabia

Yield : 2 servings

Prep time : 5 minutes

Total time : 15 minutes

Preparation

Peel the banana and mash them in a shallow bowl with the help of a potato masher. To prepare bread powder, heat the bread slices in a non-stick pan until it turns hard but not brown. Cool and grind it with the help of a kitchen grinder. Heat butter in a frying pan and sauté the mashed bananas along with sugar. Add the bread powder along with cinnamon powder and mix it well till nicely combined. Cook for a couple of minutes and switch off. Transfer to a serving dish and flatten the top. Spread the cream on the top, drizzle honey and sprinkle the almonds.

Ingredients

Small ripe banana	- 2 Nos	55 g
Butter	- 1 tsp	2 ml
Sugar	- 1 tsp	4 g
Wheat bread powder	- 4 cups	450 g
Cinnamon powder	- ½ tsp	2 g

For topping

Heavy cream	- 3 tsp	35 ml
Honey	- 2 tsp	18 g
Sliced almonds	- 2 tsp	5 ml



Nuggets

This Emirati recipe is also known as “Malakia”.

Roasted Banana Caramelised Panna Cotta



Italy

Yield : 2 servings

Prep time : 5 minutes

Total time : 240 minutes

Preparation

Initially, for caramelization, add sugar, water in a pan and heat on a medium flame till the sugar dissolves. Keep the flame on low and boil till sugar syrup turns golden brown. Immediately pour the caramel into greased moulds to cover the bottom of moulds. Let them sit for 10 min to set.

Heat oil in a frying pan and stir fry chopped bananas until it turns very soft and starts browning. Remove it from the flame and grind it to a fine puree. In a pan add whipping cream, sugar and boil in low flame till sugar dissolves. Dissolve all together with soaked gelatine and mix well. Pour the mixture in to caramelized moulds and refrigerate for 4 hours. Once set, remove from the refrigerator and invert on serving plates.

Ingredients

Small ripe banana	- 3 Nos	85 g
Butter	- 1 tsp	2 ml
Gelatin	- 2 tsp	6 g
Water	- ¼ cup	50 ml
Whipping cream	- 1 cup	112 g
Sugar	- 1/8 cup	20 g
Vanilla essence	- 3 tsp	35 ml
Nutmeg powder	- 2 tsp	18 g
Sugar	- 1/8 cup	20 g
Water	- 1 tsp	3 ml



Indonesian Banana Cake



Yield : 4 servings



Prep time : 10 minutes



Total time : 25 minutes



Indonesia

Preparation

Grease the baking pan and line it with roundly sliced bananas. In a mixing bowl whisk together all the other ingredients and cook it in medium flame with constant stirring until it becomes a homogenous thick liquid. Immediately, pour the entire batch into the baking pan and gently tap the baking pan to flatten. Let it sit at room temperature for 10 min. Once it set, chill in a refrigerator for 1 hour. To serve, cut into serving portions.

Cooking Tips

During the cooking process, at initial stage liquid will be very thin and runny, followed by the appearance of loose lumps. Once it becomes thick and start to bubble, remove it from heat.

Ingredients

Small ripe banana	- 3 Nos	85 g
Green gram flour	- 3 Cups	180 g
Sugar	- ½ cup	65 g
Salt	- ½ tsp	2 g
Coconut milk	- 1 ½ cup	300 ml



Choco-chip Banana Blondies



Yield : 12 servings



Prep time : 20 minutes



Total time : 40 minutes



Australia

Preparation

Grease the baking pan and preheat the oven to 180 °C. In a bowl, melt butter and white chocolate together. Transfer the chocolate mixture to a large bowl and whip in together all the other ingredients except nuts and dark Choco chips and mix well. Finally add the broken walnuts and dark Choco chips. Pour the entire batch into the baking pan and gently tap the baking pan to flatten. Bake in preheated oven for minimum 35 minutes. Cool it to room temperature and to serve, cut into serving portions.

Cooking Tips

These bars are super moist and dense. Store them covered in refrigerator for better shelf-life and taste.

Ingredients

Mashed ripe banana	- 3 Nos	95 g
Unsalted butter	- 1 Cup	100 g
White chocolate	- 2 cups	250 g
Sugar	- 2 cups	250 g
Egg	- 1 No	30 g
Vanilla extract	- 1 tsp	3 g
Baking powder	- ¼ tsp	1 g
Chopped walnut	- ¾ cup	75 g
Dark chocolate chip	- ½ cup	90 g
Icing sugar	- ¼ cup	30 g





Yield : 3 servings



Prep time : 5 minutes



Total time : 20 minutes



Banana Sushi

Preparation

Peel the banana and coat them with peanut butter. Melt the dark chocolate in a small bowl then carefully layer it on top of the peanut butter. Sprinkle coconut flakes, chopped nuts, sesame and chia seeds all over the banana. Let the chocolate harden for 10 minutes in freezer, then cut the banana into sushi-sized pieces and serve.

Nuggets

Actual sushi is a bite size dish made of fermented fish wrapped in sour rice.

Banana Sushi is a more suitable dessert to end any Japanese meal.

Ingredients

Ripe banana	: 3 Nos	90 g
Peanut butter	: 1 cup	280 g
Dark chocolate	: ¼ cup	100 g
Coconut flakes	: 2 tsp	10 g
Chopped nuts	: 1 tsp	5 g
Chia seed	: 1 tsp	3 g
Sesame seeds	: 1 tsp	4 g



Yield : 4 servings



Total time : 12 Hours 30 minutes



Plantain Crackers

Preparation

Grind all the ingredients together in a blender until the honey has fully dissolved and the plantains are smooth. Over a greased sheet pour the puree evenly to 1/4 inch thick. Bake them at 180°C for 20 minutes. Cool it and make desired shape.

Nuggets

These crackers are perfectly crunchy, sturdy and can be kept up to 3 days without going soft when packed in airtight containers.

Rosemary, garlic or sesame based crackers may also be made. To make them even more crispier bake them for further 30 mins.

Ingredients

Cooking banana (sliced)	: 3 cups	400 g
Gelatin	: 2 tsp	12 g
Honey	: ¼ cup	80 ml
Lime juice	: ¼ cup	80 ml
Water	: 1 cup	300 ml
Oil for greasing		



Banana Peel Bacon



Yield : 2 servings



Prep time : 10 minutes



Total time : 50 minutes

Preparation

In a small bowl whisk together all the ingredients except banana peel and set aside. Trim the ends of banana and gently peel them. Tear the peel into about four strips and using a spoon scrap the inner white portion. Place the peels in a mixing bowl or wide flat dish. Brush each strip with the sauce and marinate for at least 30 minutes to 4 hours.

Preheat the oven to 350 °F. Transfer coated banana peels to a parchment-lined baking sheet and bake for 20 minutes. Flip the peels and bake for 20 more minutes, until it is dark brown, with some darker brown crisping on the edges. Remove banana peel bacon from the oven. Allow it to cool and then serve.

Nuggets

Vegan bacon, thinner, smoky, salty with little sweet.

It can also be fried in oil until they turn golden brown and bubble up a little.

Acknowledgement:

We acknowledge all the unknown chefs and web sources from different nations for providing references to making this folder. This is purely for dissemination of knowledge. No commercial angle is attached with the publication.

Ingredients

Peel of ripe Banana	: 4 Nos	150 g
Vegetable oil	: 2 tsp	12 ml
Soy sauce	: 1 ½ tsp	20 g
Maple syrup/ honey	: 1 tsp	8 ml
Smoked paprika	: ½ tsp	3 g
Salt	: ¼ tsp	1 g
Black pepper	: 1 tsp	4 g



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