

**EASY BANANA
RECIPES: 25
RIDICULOUSLY EASY,
DELICIOUS AND...**

DORENA LONG



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for all banana lovers:

25 ridiculously easy, delicious and good recipes to enjoy, indulge...

and Show-off

a FREE eCookBook by Dorena Long

www.easy-banana-recipes.com

about

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I fall into the category of women who cook for convenience. I'm Dorena Long and I'm a work-at-home mother of 3 wonderful kids who keep me busy and grounded every single moment.

I love cooking, eating, but hate washing-up. And I lack patience good cooks naturally have, which is probably why I am always "short-cutting" my way through for the easiest and quickest recipes to cook for my family.

Over the years, I have diligently compiled a list of wonderfully easy and good recipes that has helped me spend less time in the kitchen, and spend more time pursuing other interests like my website, www.easy-banana-recipes.com. I also love travelling, writing, investing, reading and watching reality shows (which I am not very proud of). I can often be found at book stores in Kuala Lumpur whenever I am free.

You can contact me at dorena@easy-banana.recipes.com

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For my family...

you are my inspiration.

For All Banana Lovers: 25 Ridiculously Easy, Delicious and Good Recipes to Enjoy, Indulge...and Show-off

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Resource Box/SIG line:

Dorena loves trying anything that is big in taste and small in effort. She loves cooking without fiddle or fuss, using simple ingredients, and hates washing up. In her free time she runs her minimalist cooking site, www.easy-banana-recipes.com to share her recipes with newbie cooks.

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The Easy Banana Recipes Story

For The Quick Bread & Muffin Lover

sour cream banana bread

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wholemeal banana coconut bran bread

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prune and pecan banana bread

|
zucchini banana bread

|
egg-free banana bread

|
chocolate chip banana muffins |

oatmeal banana muffins

|
butter-free banana macadamia muffins

|
carrot banana walnut scones

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For The Cookie & Brownie Indulger

rich buttery banana cookies

|
peanut butter banana cookies

|
banana ginger parkin

|
nut & chocolate banana brownies |

For The Cake Suitor

classic banana cheesecake

|
oriental steamed banana cake

almond caramel banana cake

|

banana sponge cake

|

quick & easy chocolate banana cake

|

For The Pancake, Pie & Pudding Enthusiast

bread & butter banana pudding |

creamy vanilla wafers banana pudding

|

buttermilk banana pancakes

|

cranberry banana drop scones

|

For The Plantain Admirer

tropical fruit terrine

|

brown sugar glazed bananas & ice-cream |

crispy banana fritters

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This collection of recipes from my website, www.easy-banana-recipes.com, use very easy mixing methods to create a delicious spread of desserts including quick breads, cakes, muffins, scones, cookies and many more. No fancy techniques, no fancy equipment, just a mixing bowl, a wooden spoon, a mixer and some simple ingredients. It's basically designed for the most uncoordinated chef. I hope my easy recipes will inspire you to start your journey into fun cooking for your loved ones. And somehow, show-off your cooking skills...enjoy!

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P.S. If you find this recipe book useful, please share it with your loved ones. Or better still, send them the link to www.easy-banana-recipes.com so they can download their own copy.

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Makes: 1 loaf

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Preparation time: 15 minutes

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Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed

1 1/2 cups self-raising flour

1 teaspoon baking soda

1/2 cup butter, melted

3/4 cup brown sugar, firmly packed

2 eggs, beaten

2/3 cup sour cream

1 teaspoon vanilla essence

Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs, sour cream, vanilla, and mix.
4. Add in sugar, baking soda, salt and mix.
5. Add flour last and mix until just combined.
6. Pour mixture into a greased and floured bread loaf pan.
7. Bake for 45 minutes or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.
9. Glaze with icing or whipped cream, and sprinkle with mixed peel, if desired.

Variations

This recipe is so versatile, you can add almost anything to it. Try adding 1/2 a cup of chocolate chips, nuts, raisins, dates or anything else you like to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.

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Makes: 1 loaf

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Preparation time: 15 minutes

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Baking time: 1 hour

What You Need

2 over-ripe medium (2/3 cup) bananas, mashed

1 1/2 cups wholemeal self-raising flour

1/4 cup unprocessed bran

1/2 cup butter, melted

3/4 cup brown sugar, firmly packed

3 eggs, beaten

1/2 cup milk

1/3 cup shredded coconut

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs, milk, coconut, and mix.
4. Add in flour, bran and sugar, and mix until just combined.
5. Pour mixture into a greased and floured bread loaf pan.
6. Bake for 1 hour or until a wooden pick comes out clean.
7. Allow to cool before removing from pan.

Variations

Add 1 tablespoon of orange, lemon or lime juice for a nice tangy flavor, or 1 teaspoon of ground cinnamon and nutmeg for a spicy twist.

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Makes: 1 loaf

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Preparation time: 15 minutes

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Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed

1 1/2 cups all-purpose flour

1 teaspoon baking soda

1/2 cup butter, melted

3/4 cup caster sugar

2 eggs, beaten

1/2 cup prunes, chopped plus more for topping

1/2 cup pecans, chopped

1 teaspoon vanilla essence

Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in eggs and vanilla, and mix.
4. Add in sugar, baking soda, salt and flour, and mix until just combined.
5. Lastly, stir in prunes and pecans.

6. Pour mixture into a greased and floured baking pan.
7. Arrange prunes on top.
8. Bake for 1 hour or until a wooden pick comes out clean.
9. Allow to cool before removing from pan.

Variations

You can also decorate whole pecans on top of the mixture just before baking for a beautiful finish.

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Makes: 1 loaf

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Preparation time: 15 minutes

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Baking time: 1 hour

What You Need

3 over-ripe medium (1 cup) bananas, mashed

1 cup fresh zucchini, grated

1 1/2 cups all-purpose flour

1 teaspoon baking soda

1/2 teaspoon baking powder

1/2 cup vegetable oil

3/4 cup caster sugar

1 egg, beaten

1 teaspoon ground cinnamon

1 teaspoon vanilla essence

1/2 teaspoon salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas, oil, egg, vanilla, and mix.
3. Add in sugar, baking powder, baking soda, salt, and mix.
4. Add flour, and mix until just combined.
5. Lastly, stir in zucchini.
6. Pour mixture into a greased and floured baking pan.
7. Bake for 1 hour or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.

Variations

You can add 1/2 a cup of dried fruits or salted nuts to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.

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Makes: 1 loaf

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Preparation time: 15 minutes

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Baking time: 1 hour

What You Need

4 over-ripe medium (1 1/3 cups) bananas, mashed

1 1/2 cups all-purpose flour

1 teaspoon baking soda

1/2 cup butter, melted

3/4 cup brown sugar, firmly packed

1/2 cup buttermilk

1 teaspoon vanilla essence

Pinch of salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, combine mashed bananas with butter.
3. Add in milk, vanilla, and mix.
4. Add in sugar, baking soda, salt, and mix.
5. Add flour last and mix until just combined.
6. Pour mixture into a greased and floured bread loaf pan.
7. Bake for 1 hour or until a wooden pick comes out clean.
8. Allow to cool before removing from pan.

Variations

This recipe is so versatile, you can add almost anything to it. Try adding 1/2 a cup of dried fruits, chocolate chips, nuts or anything else you like to the mixture. Remember to stir them in last, just before pouring the mixture into the pan.

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Makes: 15 muffins

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Preparation time: 10 minutes

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Baking time: 20 minutes

What You Need

3 medium over-ripe (1 cup) bananas, mashed

2 cups all-purpose flour

1 tablespoon baking powder

1 teaspoon baking soda

1/2 cup butter, melted

1/2 cup caster sugar

2 eggs, beaten

1 cup sour cream

1 teaspoon milk

1 teaspoon vanilla

1 cup semi-sweet chocolate chips

1/4 teaspoon salt

What You Do

1. Preheat oven to 400°F/200°C.
2. In a bowl, combine flour, baking powder, baking soda, sugar, salt, and mix.
3. In a separate bowl, combine bananas, eggs, butter, sour cream, milk, vanilla, and mix.
4. Add dry ingredients to wet ingredients, and stir until just combined. Be careful not to over mix.
5. Stir in chocolate chips.
6. Spoon mixture into paper muffin cups about 2/3 cups full.
7. Bake for about 20 minutes, or until a wooden pick comes out with some melted chocolate but no crumbs.
8. Allow to cool before removing from muffin pan.

Variations

You can opt to fold in half of the chocolate chips into the mixture, and sprinkle the remaining chips on top of the muffins just before baking.

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Makes: 15 muffins

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Preparation time: 10 minutes

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Baking time: 20 minutes

What You Need

3 medium over-ripe (1 cup) bananas, mashed

1 1/2 cups all-purpose flour

1 cup rolled oats, plus extra for topping

2 teaspoons baking powder

1 teaspoon baking soda

1/3 cup unsalted butter, melted

3/4 cup brown sugar, firmly packed

1 egg, beaten

3/4 cup buttermilk

1 teaspoon vanilla essence

Pinch of salt

What You Do

1. Preheat oven to 400°F/200°C.
2. In a large bowl, combine flour, oats, baking powder, baking soda, sugar, salt, and mix.
3. In a separate bowl, combine bananas, egg, butter, milk, vanilla, and mix.
4. Add dry ingredients to wet ingredients, and stir until just combined. Be careful not to overmix.
5. Spoon mixture into paper muffin cups about 2/3 cups full. Sprinkle oats on top of muffins.
6. Bake for 20 minutes, or until a wooden pick comes out clean.
7. Allow to cool before removing from muffin pan.

Variations

You can add 2/3 cups of dried fruits, chocolate chips, nuts or anything else you like to the mixture. Just remember to stir them in last, just before spooning the mixture into the cups.

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Makes: 15 muffins

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Preparation time: 15 minutes

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Baking time: 30 minutes

What You Need

3 medium over-ripe (1 cup) bananas, mashed

2 cups all-purpose flour

1 tablespoon baking powder

1/4 cup honey

1/2 cup milk

1/2 cup macadamia nuts, chopped

1/3 cup applesauce (or you can use the baby food version) 1/2 teaspoon salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a large bowl, combine flour, baking powder and salt.
3. In a separate bowl, combine applesauce, honey, milk, bananas, and mix.
4. Add dry ingredients to wet ingredients, and stir until just combined.

Be careful not to over mix.

5. Stir in nuts.
6. Spoon mixture into paper muffin cups about 2/3 cups full.
- 7.

Bake for about 30 minutes, or until a wooden pick comes out clean.

8. Allow to cool before removing from muffin pan.

Variations

You can replace macadamia nuts with other nuts, and you can opt to fold in half of the chopped nuts into the mixture, and sprinkle the remaining nuts on top of the muffins just before baking.

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Makes: 12 scones

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Preparation time: 15 minutes

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Baking time: 17 minutes

What You Need

2 over-ripe medium (2/3 cup) bananas, mashed

2 1/2 cups self-raising flour, plus more for kneading 1/2 teaspoon ground cardamom

8 tablespoons cold butter, cut into pieces

1/3 cup brown sugar, firmly packed

1/2 cup milk, plus more for brushing tops

1/3 cup carrot, finely grated

1/4 cup walnuts, finely chopped

1/4 cup dried currants, finely chopped

What You Do

1. Preheat oven to 400°F/200°C. Lightly grease a flat baking tray.
2. Sift flours and cardamom in a large bowl.
3. Using your fingertips, rub butter into flour until mixture resembles breadcrumbs.
4. Add sugar, bananas, carrots, nuts and currants. Add in milk.

Mix lightly with a fork until mixture forms a soft, sticky dough. Add in more milk or flour (about a tablespoon at a time) if required.

5. Turn dough onto a lightly floured surface. Knead gently until smooth (avoid kneading dough too much or scones will be tough).
6. Pat dough into 2cm thick round. Using a 5cm (diameter) round cutter, cut out 12 rounds.
7. Place scones onto prepared baking tray, 1 cm apart. Brush tops with milk.
8. Bake for about 17-20 minutes or until golden brown.
9. Allow to cool. Serve warm with jam and cream, or butter.

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Makes: 3 dozen

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Preparation time: 10 minutes

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Baking time: 14 minutes

What You Need

2 over-ripe medium (2/3 cup) bananas, mashed

2 cups all-purpose flour

1 teaspoon baking soda

1/2 cup butter, softened

1/2 cup caster sugar

1 egg

1 teaspoon vanilla

1/4 teaspoon salt

What You Do

1. Preheat oven to 350°F/180°C.
2. Using electric mixer, beat butter and sugar until light and creamy.
3. Add in eggs and vanilla, and beat until well combined. Remove beaters.
4. Add in bananas, flour, baking soda and salt. Stir until just combined.
5. Drop a tablespoon of dough per cookie 2 inches apart onto cookie sheet.
6. Bake for about 12-14 minutes or until golden brown.
7. Allow to cool.

Variations

You can add in 1 cup of chocolate chips or salted nuts into the mixture. Or arrange the chocolate chips or nuts on top of the cookies just before baking.

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Makes: 4 dozen

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Preparation time: 10 minutes

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Baking time: 14 minutes

What You Need

2 medium (2/3 cups) over-ripe bananas, mashed

3 cups all-purpose flour

1 teaspoon baking soda

1/2 cup butter, softened

1 cup caster sugar

1 cup creamy peanut butter

2 eggs

1/3 cup milk

1 teaspoon vanilla

1/2 teaspoon salt

1 cup chopped peanuts, if desired

What You Do

1. Preheat oven to 350°F/180°C.
2. Using electric mixer, beat butter and sugar until light and creamy.
3. Add in peanut butter, eggs, milk, vanilla, and beat until well combined. Remove beaters.
4. Add in bananas, flour, baking soda and salt. Stir until just combined.
5. Lastly, stir in chopped peanuts.
6. Drop a tablespoon of dough per cookie 2 inches apart onto cookie sheet.
7. Bake for about 12-14 minutes or until golden brown.

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Makes: 20 squares

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Preparation time: 20 minutes

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Baking time: 1 hour

What You Need

4 over-ripe medium (1 1/3) bananas, mashed

1 3/4 cups all-purpose flour

1 3/4 cups oatmeal

2 teaspoons baking soda

2 teaspoons ground ginger

1/2 cup margarine, chopped

4 tablespoons dark muscovado sugar or dark brown sugar 2/3 cup golden syrup

1 egg, beaten

What You Do

1. Preheat oven to 325°F/160°C. Lightly grease a square/rectangle pan.
2. In a large mixing bowl, sift together flour, baking soda and ginger. Stir in oatmeal.
3. In a saucepan, melt sugar, margarine and syrup over low heat, to make a caramel.
4. Slowly stir in caramel into the flour mixture.
5. Add in eggs and bananas, and mix until just combined.
6. Pour mixture into prepared pan.
7. Bake for 1 hour. Allow to cool in pan, then turn out and cut into squares.

Comments

Parkin keeps well and actually improves with keeping. Store well in a covered container for up to 3 weeks.

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Makes: 20 squares

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Preparation time: 20 minutes

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Baking time: 30 minutes

What You Need

1 over-ripe medium (1/3 cup) banana, mashed

3/4 cup self-raising flour

1/2 cup butter, plus more for pan

2/3 cup caster sugar

1 1/2 cups chocolate chips, divided

1/2 cup walnuts or pecans, chopped

2 eggs

1 teaspoon vanilla essence

1/4 teaspoon salt

Icing sugar and cocoa powder, optional, for dusting

What You Do

1. Preheat oven to 325°F/160°C. Lightly grease a 23cm/9inch square shallow cake pan.

Line with strip of baking paper to cover base and extend over 2 opposite sides of pan for easy lifting when they are done.

2. In a saucepan, melt butter and sugar over low heat, stirring constantly. Remove from heat. Stir in 1 cup of chocolate chip until melted and smooth.

Set aside briefly until mixture is warm, not hot.

3. In a large mixing bowl, lightly beat eggs. Stir in vanilla, salt, and bananas. Add flour slowly, stirring until just combined.

4. Stir in walnuts and remaining chocolate chips.

5. Pour mixture into prepared pan.

6. Bake for 30 minutes, or until tester inserted into the center comes out slightly moist with mixture.

7. Allow to cool. Lift up ends of baking paper, and transfer brownies to a cutting board.

8. Lightly sift with combined equal quantities of icing sugar and cocoa powder, if desired, before cutting into squares.

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Makes: 20cm round cake

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Preparation time: 10 minutes

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Baking time: 14 minutes

What You Need

Biscuit Base

1 1/2 cup biscuits, graham crackers or digestive biscuits, crushed finely 1/4 cup butter, melted

2 tablespoons granulated sugar

1 teaspoon cinnamon powder

Filling

3 over-ripe medium (1 cup) bananas, mashed

1lb (454g) cream cheese, softened

4 eggs

3/4 cups caster sugar

1 cup sour cream

2 teaspoons lemon juice

What You Do

1. Preheat oven to 350°F/180°C.
2. In a small bowl, combine crushed biscuits with melted butter, sugar and cinnamon. Firmly press biscuit base into bottom of a greased springform pan. Bake for 10 minutes and allow to cool.
3. Using an electric mixer (on low speed), beat cream cheese and sugar until creamy and smooth.
4. Add in eggs, one at a time, beating well after each addition.
5. Add in lemon juice, sour cream and mashed bananas. Beat well.
6. Pour mixture onto the biscuit base and bake for 1 hour, or until a wooden pick comes out clean.
7. Allow to cool completely before refrigerating for at least 5 hours.

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Makes: 15 cm round cake

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Preparation time: 10 minutes

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Steaming time: 15 minutes

What You Need

2 over-ripe medium (2/3 cup) bananas, mashed

1 1/2 cups all-purpose flour, sifted

1/2 cup caster sugar

2 eggs, beaten

2 teaspoons corn oil

1 tablespoon baking powder

1 tablespoon plus 1 teaspoon milk

What You Do

1. Preheat steamer over high heat.
2. Whisk eggs and sugar until thick and pale.
3. Add in oil, milk, bananas, mixing well until well combined.
4. Add in flour and baking powder, stirring lightly until well combined.
5. Pour batter into a greased cake pan or bowl, and steam for approximately 15 minutes or until a wooden pick comes out clean.
6. Remove cake immediately from steamer and allow to cool before serving.

Comments

Do not open lid of the steamer halfway through steaming to prevent cake from sinking.

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Makes: 20 cm round cake

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Preparation time: 20 minutes

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Baking time: 50 minutes

What You Need

3 over-ripe medium (1 cup) bananas, mashed

2 cups self-raising flour

1/2 cup unsalted butter, softened

1/2 cup caster sugar

1 egg

1/3 cup golden syrup

1/2 teaspoon ground cinnamon

2/3 cups flaked almonds

What You Do

1. Preheat oven to 350°F/180°C.
2. Using electric mixer, beat butter and sugar until light and creamy.
3. Add in eggs, beat until combined.
4. Transfer mixture to a larger mixing bowl and add bananas. Fold in flour. Stir until just combined and mixture is almost smooth.
5. Reserve 2/3 cup of the mixture.
6. Pour the remaining mixture into a greased and floured tin and bake for 25 minutes.
7. In a separate bowl, combine syrup, cinnamon, almonds and the reserved cake mixture.
8. Pour mixture onto the partly baked cake, and smoothen surface.
9. Bake for a further 25 minutes or until a wooden pick comes out clean.
10. Allow to cool before removing from pan. Finish cooled cake with caramel topping, if desired.

Topping

For caramel topping recipe, please log on to <http://www.easy-banana-recipes.com/homemade-icing.html>

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Makes: 20 cm round cake

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Preparation time: 15 minutes

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Baking time: 20 minutes

What You Need

2 medium over-ripe (2/3 cup) bananas, mashed

1 cup all-purpose flour

1/4 teaspoon baking soda

1/2 teaspoon baking powder

1/3 cup plus 1 tablespoon corn oil

2/3 cups caster sugar

3 eggs

1 teaspoon vanilla essence

What You Do

1. Preheat oven to 350°F/180°C.

2.

Using an electric mixer, whisk eggs and sugar until mixture is thick and pale.

3. Fold in sieved flour, soda bicarbonate and baking powder gently but thoroughly to get a batter consistency without any lumps.

4. Add in oil, vanilla, bananas, and mix well.

5. Pour mixture into a greased and floured pan and bake for approximately 20 minutes, or until a wooden pick comes out clean.

6. Allow to cool before removing from pan.

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Makes: 20 cm round cake

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Preparation time: 15 minutes

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Bake time: 40 minutes

What You Need

3 medium over-ripe bananas, mashed

1 3/4 cups all-purpose flour

1 1/2 teaspoons baking powder

1 teaspoon baking soda

1 1/2 cups caster sugar

3/4 cup unsweetened cocoa powder

2 eggs, beaten

1/2 cup milk

1 cup water

1/2 cup vegetable oil

1 teaspoon vanilla

1/4 teaspoon salt

What You Do

1. Preheat oven to 350°F/180°C.
2. In a mixing bowl, whisk flour, sugar, cocoa, baking powder, baking soda and salt.
3. In a separate bowl, whisk bananas, eggs, oil, milk, water and vanilla.
4. Add wet to dry and stir until just combined.
5. Pour batter into a greased and floured cake pan.
6. Bake for 35-40 minutes or until a wooden pick comes out clean.
7. Allow to cool before removing from pan. Finish cooled cake with chocolate glaze topping, if desired.

Topping

For chocolate topping recipe, please log on to <http://www.easy-banana-recipes.com/homemade-icing.html> .

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Serves: 4

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Preparation time: 10 minutes

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Baking time: 35 minutes

What You Need

2 ripe bananas, sliced thinly

7 slices bread, crust removed

4 eggs

4 cups milk

2/3 cup caster sugar

2/3 cup cheddar cheese, grated

1/2 cup sultanas

1 teaspoon vanilla

What You Do

1. Preheat oven to 350°F/180°C.
2. Spread butter over both sides of bread and cut slices of bread into half.
3. In a deep bowl, whisk eggs, sugar, milk and vanilla, until smooth.
4. Arrange bread in a pie dish.
5. Spread sultanas, grated cheese and bananas in between bread slices.
6. Pour custard over bread. Set aside for 10 minutes for bread to soak up custard.
7. Bake for 35 minutes or until custard has set on the outside and slightly wobbly on the inside. Serve warm or cold.

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Serves: 6

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Preparation time: 20 minutes

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Refrigeration time: 1 hour

What You Need

5 ripe bananas, sliced thinly

2 cups milk

3 eggs yolks, beaten

2 tablespoons butter, softened

2/3 cup caster sugar

1/3 cup all-purpose flour (or 3 tablespoons corn flour) 1/8 teaspoon salt

1 teaspoon vanilla essence

1 box (12 ounce) of vanilla wafer cookies or biscuits Whipped cream, optional, for serving

What You Do

1. In a saucepan, combine sugar, flour and salt. Gradually stir in milk, a little at a time to make sure the flour is dissolved. Add in eggs.
2. Cook over low to medium heat, stirring constantly for about 10 minutes, or until mixture thickens and becomes custard like. Remove from heat.
3. Stir in butter and vanilla. Set aside to cool.
4. Using a casserole dish/glass container, arrange a layer of cookies followed by a layer of bananas.
5. Pour half the custard over the cookie and banana layer, making sure the custard covers the bananas to prevent discoloration.
6. Arrange another layer of cookies and bananas, and cover with the remaining custard.
7. Allow to cool for approximately 15-30 minutes before refrigerating for at least 1 hour. Serve with whipped cream, if desired.

Comments

When stirring the custard, make sure you reach the bottom, sides and corners of the saucepan to prevent custard from sticking and scorching.

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Makes: 12

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Preparation time: 10 minutes

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Cooking time: 15 minutes

What You Need

2 ripe medium bananas, diced

2 cups all-purpose flour

2 tablespoons sugar

2 teaspoons baking powder

1/2 teaspoon baking soda

2 cups buttermilk

2 eggs, lightly beaten

5 tablespoons butter, melted

1 teaspoon vanilla essence

1/2 teaspoon salt

Butter for frying

What You Do

1. In a large bowl, combine flour, baking soda, baking powder, salt and sugar.
2. In another bowl, whisk together eggs, buttermilk, butter and vanilla.
3. Add wet ingredients to dry ingredients and mix until well combined.
4. Add bananas to the mixture, and stir lightly.
5. Heat a non-stick frying pan over medium heat. Grease pan with a little extra butter. Working in batches, pour 1/4 cup of batter into pan and use a spoon to spread batter out to a 12cm (diameter) circle. Reduce heat to low. Cook for 2 to 3 minutes, or until bubbles start to appear on surface.

Turn the pancake over and cook for a further 2 minutes, or until cooked through.

6. Repeat with remaining mixture, greasing pan in between pancakes.
7. Serve warm with whipped cream, jam, honey or golden syrup.

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Makes: 12

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Preparation time: 10 minutes

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Cooking time: 20 minutes

What You Need

2 over-ripe medium (2/3 cup) bananas, mashed

1 cup self raising flour

2/3 cup milk

1 egg, beaten

2 tablespoons sugar, or to taste

1/3 cup dried cranberries

Pinch of salt

Butter for frying

What You Do

1. In a mixing bowl, combine flour, sugar and salt.
2. Add in bananas and eggs.

3. Gradually whisk in milk until the mixture resembles a smooth thick batter.
4. Stir in cranberries.
5. Drop heaped spoonfuls of mixture onto greased non-stick frying pan at medium heat (allowing room for mixture to spread). When mixture starts to bubble after 2-3 minutes, turn over and cook briefly on other side until lightly browned.
6. Repeat with remaining mixture, greasing pan in between scones.
7. Serve warm with whipped cream, butter, honey or golden syrup.

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Serves: 4

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Preparation time: 10 minutes

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Refrigeration time: 3 hours or until firm

What You Need

2 envelopes (14grams/2 tablespoons) unflavored gelatin 2 cups white grape juice

1/3 cup sugar

1 1/2 - 2 cups of dragon fruit, cubed

1 1/2 - 2 cups of canned pineapples, cubed

1 1/2 - 2 cups of bananas, sliced

What You Do

1. In a small bowl, sprinkle gelatin over 1/4 cup grape juice; let soften for 5 minutes.
2. Heat sugar with another 1/4 cup grape juice in a small saucepan over medium heat until dissolved.
3. Remove from heat, stir in softened gelatin until dissolved, then stir in remaining 1 1/2 cups grape juice.
4. Arrange fruits in a loaf pan. Pour gelatin mixture over, pressing fruits gently to submerge completely (remove some if necessary.)
5. Refrigerate until firm, or at least 3 hours.
6. To unmold the terrine, dip bottom of container in hot water for about 5-10 seconds.
7. Invert onto a serving platter, and shake firmly to release. If not serving immediately, return to refrigerator.
8. Serve with whipped cream or ice-cream.

Comments

Avoid using fruits that contain bromelain such as fresh pineapples, papaya, kiwi, guava and fig. Bromelain breaks down gelatin causing it to lose its thickening properties.

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Makes: 4

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Preparation time: 5 minutes

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Cooking time: 10 minutes

What You Need

4 firm, just ripe bananas, peeled and cut half lengthwise 1/2 cup palm sugar or dark brown sugar

1/4 cup water

1 teaspoon vanilla essence

2 tablespoons butter, chopped

What You Do

1. Melt sugar, vanilla and water over low-medium heat in a pan until it forms a caramel.
2. Add bananas, cut side down, and cook about 1-2 minutes on each side, or until a glaze forms on the bananas. Watch carefully, don't allow sugar to char.
3. Add butter, and cook for another 2 minutes.
4. Serve bananas warm with ice-cream or yogurt.

Variations

For a slightly alcoholic taste, drizzle 1-2 tablespoons of rum or liqueur on top of warm caramelized bananas.

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Makes: 10 fritters

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Preparation time: 10 minutes

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Cooking time: 10 minutes

What You Need

5 medium-sized ripe bananas (suitable for cooking), halved 1 ¼ cups all-purpose flour

3 tablespoons rice flour

1 tablespoon custard powder

2 teaspoons baking powder

1 1/4 cup water, or just enough

Pinch of salt

Oil for deep frying

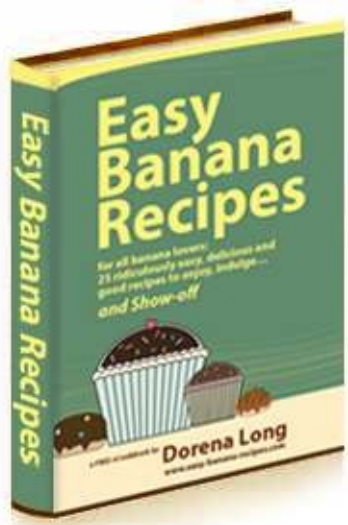
What You Do

1. In a mixing bowl, combine various flours, baking powder and salt.
2. Add in water and mix until well combined.
3. Heat oil in pan or wok over medium flame.
4. Coat bananas in batter, and deep-fry in hot oil for 3-4 minutes, or until bananas are golden brown. Drain on paper towels.

Variations

The custard powder gives a nice aroma and light yellow tinge to the batter. You can replace the rice flour with all-purpose flour, but the rice flour adds a crispness that will be missing.

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You will notice that most of my recipes are based on cup measurement (U.S. Standard) which I find is easy and quick to use for easy cooking and baking. While one country's cooking measurements is different from another, the difference is minimal, at most, within a 2 or 3 teaspoon variance, and will not

affect your cooking results. For easy cooking conversations, please log on to my website at www.easy-banana-recipes.com.

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