14 RECIPES

14.1 Unused recipes

14.1.1 Churros de Plátano

1. Heat about 1 inch of salad (or part salad and part olive) oil in a large frying pan.
2. Peel and split 3 large, green-tipped bananas lengthwise. Then cut each piece in half and dip in lemon juice.
3. Separate 4 eggs. Beat the egg yolks until thick and light. Then add 1/4 cup flour and 1/2 teaspoon salt.
4. Beat the egg whites until stiff, but not dry, and fold into yolk mixture.
5. Drop the drained banana pieces one at a time into the batter. Pick up with a spoon and slide into the hot oil.
6. Cook over medium heat, turning almost at once, until brown on both sides. Drain on paper towels.

14.1.2 Roasted turkey quesadillas with banana

1. Place 6 corn or whole wheat flour tortillas flat.
2. Sprinkle with 6 ounces grated low-fat Jack or cheddar cheese, 2 tablespoons chopped fresh cilantro or parsley, 1/2 pound shredded roasted turkey or chicken meat, 2 seeded and minced jalapeño peppers, 1 cup alfalfa sprouts, and 2 medium bananas, sliced into thin circles.
3. Place 6 tortillas on top and press firmly.
4. Place on a lightly oiled cookie sheet; cover with another cookie sheet of similar size. Bake in a pre-heated 350° F oven for 15 minutes until soft and melted. Cut into wedges and serve with hot sauce and salad.

Thanks to Chiquita Bananas. See http://www.jaetzel.de/tim/chiquit.htm.

14.1.3 Mexican bananas

1. Mix together 1 cup sugar, 1 teaspoon cinnamon, 1/8 teaspoon nutmeg, and 1/8 teaspoon ginger.
2. Peel 6 firm bananas, cut in half lengthwise, and brush with 1/4 cup lemon juice.
3. Place a banana half at end of each of 12 tortillas and sprinkle with sugar mixture.
4. Roll tortillas, brush top and sides with 1/4 cup evaporated milk, and then sprinkle with remaining sugar mixture.
14.1.4 Easy banana bread

1. Preheat oven to 350° F.
2. In a food processor cream 1/2 cup soft tofu, 3/4 cup honey, 1/4 cup sunflower or safflower oil, 1 teaspoon vanilla extract, egg substitute for 1 egg, and 1 cup mashed ripe banana.
3. In a bowl combine 2 cups whole wheat pastry flour, 1/2 teaspoon baking powder, and 1/2 teaspoon baking soda.
4. Add to food processor along with a dash salt and process until creamy. Pulse in 1 tablespoon poppy seeds.
5. Pour into an oiled 9 x 5 x 3-inch loaf pan. Bake for 30 to 35 minutes, or until toothpick inserted in center of bread comes out clean. Cool on a wire rack for 30 minutes before removing from pan.

Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).

14.1.5 Cream of banana soup

1. Cook 1 quart green banana pulp, 1 1/2 quarts chicken stock, 1 small celery stalk, 1/2 onion, 1 carrot, 1 small bay leaf, 5 peppercorns, and salt to taste together for about 30 minutes until the mixture thickens.
2. Strain over 1/4 cup flour and 1/4 cup butter which have been combined as for a white sauce. Cook until thickened.
3. Just before serving, add 2 cups cream or milk and heat.
4. Serve with a slice of lemon on each plate as a garnish.

14.1.6 Columbian fresh banana cake with sea foam frosting

1. Open an 18.5 oz yellow cake mix into a large mixing bowl; do not use a mix that contains pudding or requires oil. Combine with 1/8 teaspoon baking soda.
2. Stir 3/4 cup Coca-Cola briskly until foaming stops. Add to cake mix and blend until just moistened. Then beat at high speed for 3 minutes, scraping the bowl often.
3. Combine 2 teaspoons lemon juice with 1 cup mashed bananas and then add to batter. Add 1/3 cup finely chopped nuts and beat for 1 minute at medium speed.
4. Turn the batter into a well greased, lightly floured 9x13 baking dish. Bake in a preheated 350° F oven for about 40 minutes or until the cake tests done. Cool on a rack for 15 minutes, remove cake from pan and turn right side up on a rack to finish cooling.
5. In the top of a double boiler, combine 2 large egg whites, 1 1/2 cups packed light brown sugar, 1/8 teaspoon cream of tartar (or 1 tablespoon corn syrup), and 1/3 cup Coca-Cola. Beat at high speed for 1 minute with an electric mixer.
6. Place over boiling water — the water should not touch the bottom of the top half of the double boiler. Beat on high speed for about 7 minutes until the frosting forms peaks when the mixer is raised. Remove from boiling water. Empty into a large bowl.
7. Add 1 teaspoon vanilla extract and continue beating on high speed until thick enough to spread, about 2 minutes. Spread on the sides and top of the cold banana cake.
14.1.7 Hawaiian banana cream pie

1. Preheat oven to 375° F.
2. In a bowl, combine 1 cup chopped cashew or macadamia nuts, 1/2 cup flaked coconut, and 2 tablespoons brown sugar.
3. Beat 1 egg white until stiff; fold into nut mixture.
4. Press mixture evenly into an 8-inch pie plate, building up the sides slightly. Bake for 7 minutes or until crust is lightly browned. Crust will tighten as it cools (use a rack).
5. In a medium-sized saucepan, beat 3 egg yolks. Mix in 5 tablespoons cornstarch and 3/4 cup granulated sugar. Stir in 1.5 cups milk, 1/4 teaspoon salt, and 1 tablespoon unsalted butter.
6. Cook mixture slowly over medium heat, stirring constantly, for 5 to 7 minutes. Filling should be bubbling and thick.
7. Remove from heat and stir in 1 teaspoon vanilla extract. Transfer this custard to a glass bowl, cover with plastic wrap, and refrigerate for 2 hours.
8. Two hours before serving, whip 1/2 cup heavy whipping cream to stiff peaks and fold into custard. Peel and slice one banana, arranging evenly on bottom of crust. Spoon custard filling into crust. Cover again with plastic wrap and chill for 2 more hours.
9. Sprinkle 1/2 cup finely chopped cashew or macadamia nuts evenly over the filling. Peel, slice and arrange a second banana in a circular fashion around the outside top of the pie, placing a few slices decoratively in the center.

14.1.8 Sautéed sole tobago with bananas, pecans and lime

1. Preheat 1/2 cup vegetable oil in a heavy sauce pan over medium-high heat.
2. Dredge 8 filets of sole or flounder lightly in flour.
3. Sautéee until golden brown, about 3 minutes each side. Remove to warm platter.
4. Pour off excess oil and wipe down sauce pan. Place pan back on stove over high head; add 1/4 cup butter.
5. When foamy and just starting to brown, add 2 cups diagonally sliced bananas (1/2” slices) and 1 cup pecan halves. Toss and cook for 1 minute.
6. Add 1/2 cup fresh lime juice and 1 cup dry white wine (or light stock). Cook for another 2 minutes.
7. Add 1/4 cup fresh herbs (mint, parsley, coriander, basil or tarragon).
8. Pour sauce and bananas over fish. Garnish with additional banana slices and lime wedges.

Thanks to Turbana Corporation (www.turbana.com).
14.1.9 Banana poundcake

1. Mix in large bowl until blended:
   - 1½ cups mashed bananas (4 medium)
   - 1 pkg. (18 ½ oz.) yellow cake mix
   - 1 pkg. (3 ⅓ oz.) instant vanilla pudding mix
   - ½ cup salad oil
   - ½ cup water
   - ½ teaspoon cinnamon
   - ½ teaspoon nutmeg
   - 4 eggs at room temperature

2. Beat at medium speed for 4 minutes.
3. Turn batter into greased and lightly floured 10-inch tube pan.
4. Bake in 350° F oven for 1 hour or until cake tester inserted in cake comes out clean.
5. Cool in pan 10 minutes, then turn out onto rack and cool completely.
6. If desired, dust with confectioners sugar before serving.

Thanks to the United Fresh Fruit and Vegetable Association.

14.1.10 Banana Dream Pizza

1. Preheat oven to 400° F. In a large bowl, combine 2 1/2 cups all-purpose flour, 2 tsp baking powder, and a pinch of salt. Add 4 Tsp softened sweet cream butter and blend. Add 3/4 cup warm milk and mix well. If the dough is still sticky, add a small amount of flour.
2. Form the dough into a ball. Knead it on a floured surface until it is smooth. Roll out the dough and place it in an oiled, 16-inch pizza pan. Bake for 15-20 minutes, or until the crust is light brown.
3. In a nonmetallic bowl, mash 4 bananas. Add 1 teaspoon lime or lemon juice and 6 tablespoons honey; mix well.
4. Slice 2 bananas horizontally and place the slices in water to cover. Add 1 teaspoon lime or lemon juice to prevent discoloration.
5. Spread the banana mixture on the crust.
6. Drain the sliced bananas and blot them with paper towels. Place them in a circular pattern on the banana mixture. Baste the banana slices with 3 tablespoons melted butter.
7. Bake for 20–30 minutes at 400° F until the crust is golden brown.
8. Remove from the oven and top with 1 quart vanilla ice cream and 1/2 cup chopped macadamia nuts while still hot. Serve immediately.
### 14.1.11 Banana July cocktail

1. Sprinkle 3 sliced bananas with 1 tablespoon lemon juice.
2. Mix with 1 1/4 cans drained and flaked tuna, 1/2 onion chopped, and 2 tablespoons chopped gherkins or olives.
3. Spoon into 7 cocktail shells.
4. Melt 2 tablespoons butter in a saucepan. Add 2 tablespoon cake flour and salt and pepper to taste.
5. Add 1/4 cup chicken stock and 1/4 cup dry white wine. Simmer for one minute stirring constantly.
6. Add 1/3 cup grated cheddar cheese and allow to cool.
7. Add 1/4 cup fresh cream to sauce and pour over banana-tuna mixture.
8. Sprinkle with 1 tablespoon grated cheese and paprika. Decorate with a slice of gherkin or olive.
9. Bake 15–20 minutes at 350° F; serve warm.

Thanks to Turbana Corporation (www.turbana.com).

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### 14.1.12 Frozen Push-Ups

1. Peel 2 bananas and slice into blender or food processor.
2. Add 1 6-ounce can frozen orange juice (thawed), 1/2 cup instant non-fat dry milk, 1/2 cup water, and 1 cup plain low-fat yogurt.
3. Cover and blend until foamy. Pour into small paper cups and freeze.
4. To eat, squeeze bottom of cup.

Thanks to Ruthe Eshleman *The American Heart Association Cookbook*.

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### 14.1.13 Bananes rôties

1. Preheat oven to 375° F.
2. Place 6 (peeled) bananas in a baking dish.
3. Sprinkle bananas with juice of 1/2 lemon.
4. Pour 2 tablespoons melted butter and 2 tablespoons dark rum over the bananas. Sprinkle with 2 tablespoons brown sugar.
5. Place in oven for 10 minutes.
6. Pour on 2 more tablespoons melted butter and 2 more tablespoons dark rum and bake for 5 minutes more.
7. Serve at once, spooning some sauce over each banana.
14.1.14 Banana mallow pie

1. Combine 2 cups vanilla wafer crumbs and 1/3 cup melted butter. Press into 9-inch pie plate and bake at 375°F for 8 minutes.
3. Fold 1 1/2 cups mini-marshmallows and 1 cup Cool Whip into pie filling.
4. Slice 2 bananas into pie crust, pour filling over bananas, and chill several hours or overnight.

14.1.15 Banana relish

1. Cut 12 bananas, 1 pound dates, and 2 pounds Bermuda onions into small pieces.
2. Add 2/3 cup molasses, 1/2 teaspoon ground ginger, 1 teaspoon salt, 1 teaspoon allspice, 1 cup water, and 2 cups vinegar; mix well.
3. Turn into a large stone jar or crock, bake in a slow oven till rich brown, seal in jars while hot.
14.2 Used recipes

14.2.1 Banana daiquiri

1. Combine in an electric blender: 2 ounce light rum, 0.5 ounce banana liqueur, 0.5 ounce lime juice, 1/2 small banana peeled and coarsely chopped, and 1/2 cup crushed ice.
2. Blend at high speed until smooth.
3. Pour into large saucer champagne (or similar) glass. Serves one.

14.2.2 Banana pick-me-up

1. Slice ripe, peeled bananas into 3 cm chunks.
2. Wrap each chunk in strip blanched bacon.
3. Prepare mixture of brown sugar and cinnamon to taste.
4. Sprinkle mixture over banana chunks.
5. Bake at 350° F until the bacon is crisp and the sugar slightly caramelized.

14.2.3 Banana mandarin cheese pie

1. In large mixer bowl, beat 8 ounces softened cream cheese until fluffy.
2. Gradually beat in 8 ounces sweetened condensed milk until smooth.
3. Stir in 1 teaspoon lemon juice and 1 teaspoon vanilla extract.
4. Slice 2 medium bananas, dip in lemon juice, and drain.
5. Line 8- inch graham cracker pie crust with bananas and about 2/3 of an 11-ounce can (drained) mandarin oranges.
6. Pour filling over fruit and chill for 3 hours or until set.
7. Garnish top with remaining orange segments and 1 medium banana sliced and dipped in lemon juice.

14.2.4 Chewy banana split dessert

1. Prepare and bake one package (19.8 oz) chewy fudge (or other favorite) brownie mix. Allow to cool thoroughly, four hours or more.
2. Peel 2 large ripe bananas and place very thin slices on top of brownie.
3. Cover bananas evenly with one 12-oz. container of whipped topping (thawed) and drizzle 1/2 cup chocolate syrup over that.
14.2.5 Cranberry banana bread

1. In a large saucepan, bring 2 cups sugar and 1 cup water to a boil, stirring to dissolve the sugar. Add 4 cups fresh cranberries and simmer over low heat for 10 minutes or until berries pop open. Cool. Drain the berries, reserving the juice and measuring 1 cup of berries for use in the bread.

2. Sift together 1 3/4 cup flour, 1/2 teaspoon salt, 2 teaspoon baking powder and 1/4 teaspoon baking soda.

3. In a large bowl, combine 2/3 cup sugar, 1/3 cup melted butter, 2 beaten eggs, 1/2 cup chopped walnuts, 1 cup mashed banana, and 1 cup cooked berries.

4. Add the flour mixture to the berry mixture, stirring until blended. Pour the mixture into a greased and lightly floured 9 x 5 x 3-inch loaf pan. Bake in a preheated, 350° F oven for 1 hour or until a toothpick inserted in the center comes out clean.

5. For a topping (optional), combine 1/4 cup cranberry juice from cooked berries, 2 tablespoons sugar and 2 tablespoons Grand Marnier in a small saucepan and stir over low heat until heated through. Poke a few holes in the baked loaf and pour on the topping.

6. Cool 10 minutes in the pan. Turn the loaf out on a rack and cool completely. Wrap in foil and store one day before slicing.

    Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).

14.2.6 Mexican chicken vegetable soup with bananas

1. In large, covered kettle, over medium-low heat, simmer 4 pounds cut up stewing chicken, 1/cup coarsely chopped onion, 1 teaspoon salt, and 4 cups of hot water for 2 hours or until chicken is tender.

2. Remove chicken to cutting board; cut meat from bones into chunks; discard bones. Skim any fat from surface of broth.

3. Add chicken, 1/2 cup chopped celery, 1 12-ounce can whole-kernel corn and 1 16-ounce can tomatoes to soup. Continue simmering, covered for 10 minutes. Season to taste.

4. Five minutes before serving, peel 4 firm (green-tipped) bananas, slice diagonally into 1-inch slices.

5. Add sliced bananas to soup, continue cooking just until bananas are tender. Serve immediately.

    Thanks to Turbana Corporation (www.turbana.com).

14.2.7 Sopa de Plátano

1. Cook 10 whole red-skinned under-ripe bananas in one quart of water over low heat.

2. Peel and mash bananas with 1/4 teaspoon cloves, 1/4 teaspoon orégano, and 1 teaspoon powdered cinnamon.

3. Knead the mixture, add a pinch of salt, and fry in 4 tablespoon shortening until slightly browned.


5. Fry vegetables in 1/4 cup olive oil about 5 minutes and then add 1 teaspoon salt.

6. Place banana mixture on serving dish and garnish with the hot vegetables.

    Thanks to Ruth Mulvey and Luisa Alvarez Good Food from Mexico.
14.2.8 Banana curried chicken

1. Fry 2 chopped onions in 50 ml cooking oil until light brown.
2. Add 1/4 cup cake flour and mix well. Add 1 (cup?) chicken stock gradually while stirring.
3. Add 1 cup raisins, 1 teaspoon salt, 2 pounds cooked, boned chicken, 5 sliced bananas, 2 grated apples, 2 tablespoons grated lemon rind, 1 tablespoon sugar, 1 1/2 tablespoons curry powder, 1 bay leaf, 4 peppercorns.
4. Cover saucepan and simmer for 20 minutes.
5. Remove bay leaf. Add 1 cup cream and heat just before serving.

Thanks to Turbana Corporation (www.turbana.com).

14.2.9 Almond fudge banana cake

1. Mash 3 extra-ripe bananas to make 1 1/2 cups.
2. Beat 1 1/2 cups sugar, and 1/2 cup softened margarine until light and fluffy. Beat in 3 eggs, 3 tablespoons amaretto liqueur (or 1/2—1 teaspoon almond extract), and 1 teaspoon vanilla extract.
3. Combine 1 1/3 cups all-purpose flour, 1/3 cup unsweetened cocoa powder, 1 teaspoon baking soda, 1/2 teaspoon salt, and 1/2 cup toasted chopped almonds.
4. Add dry mixture and bananas alternately to beaten mixture. Beat well.
5. Turn batter into greased 10-inch bundt pan. Bake in 350° F oven 45 to 50 minutes or until toothpick inserted in center comes out nearly clean and cake pulls away from sides of pan. Cool 10 minutes. Remove cake from pan to wire rack to cool completely.
6. Puree 1 small banana and beat into 1 ounce (1 square) melted semisweet chocolate. Drizzle this glaze over top and down sides of cooled cake.
14.2.10 Coriander banana nut bread

1. Blend together in a large bowl 1 2/3 cups sifted all-purpose flour, 3/4 cup sugar, 1 tablespoon baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, 2 teaspoons ground coriander.
2. Mix in 1 cup chopped unblanched almonds and set aside.
3. Melt 1/3 cup shortening and set aside to cool.
4. Mix until well blended 1 large well-beaten egg, 1/4 cup buttermilk, and 1 teaspoon vanilla extract.
5. Blend in 1 1/4 cups mashed ripe bananas and the shortening.
6. Make a well in center of dry ingredients and add banana mixture all at one time. Stir only enough to moisten dry ingredients.
7. Turn into greased 9 × 5 × 3-inch loaf pan and spread to corners.
8. Bake at 350 deg about 1 hour or until a wooden pick comes out clean when inserted in center of bread. Immediately remove from pan and set on rack to cool.

14.2.11 Golden mousse

1. Combine 1 cup mashed ripe bananas, 2 tablespoons orange juice, 1/4 cup shredded coconut, 3 tablespoons brown sugar, a few grains salt, and 1/8 teaspoon grated orange rind.
2. Whip until stiff 1 cup heavy cream.
3. Fold whipped cream into fruit mixture and turn into freezing tray. Freeze rapidly without stirring until firm.

14.2.12 Orange gingered bananas

1. Combine in a small saucepan 1/4 cup orange juice and 1/2 teaspoon cornstarch. Cook and stir over medium heat until boiling.
2. Add 1/4 cup orange juice, 1 1/2 teaspoons honey, and 1 1/2 teaspoons chopped crystallized ginger and cook, stirring, until thoroughly heated.
3. Place 2 peeled, green-tipped bananas in a shallow baking dish and cover with sauce.
4. Bake at 350 deg about 15 minutes or until the bananas are tender (but not soft), basting with the sauce several times.
14.2.13 Hot banana soufflé

1. Preheat oven to 375° F.
2. Select a 6-cup soufflé dish or other mold and grease it liberally with 1 tablespoon butter.
3. Place 6 eggs, 1/2 cup cream, juice of 1/2 lemon, 1 tablespoon kirsch, and 1/4 cup sugar in blender. Blend until the batter is smooth.
4. Peel 2 large bananas, removing any fibers and break into chunks. With blender running, add the chunks one at a time.
5. Break 11 ounces cream cheese into chunks and add them to the blender.
6. When all the ingredients are thoroughly mixed, run the blender at high speed for a few seconds.
7. Pour batter into prepared dish and place it in the hot oven. Bake 45–50 minutes until the top is lightly browned and puffy. You may quit when the center is still a bit soft or continue baking until the center is firm.
8. Serve at once. A whipped cream flavored with Grand Marnier makes a nice topping.

14.2.14 Curried bananas

1. Melt 2 tablespoons butter in saucepan and cook 2 tablespoons minced onion in it for 2–3 minutes.
2. Mix 1 tablespoon curry powder, 1 teaspoon salt, 1/4 cup flour, and a dash of cayenne pepper with a little milk to make a paste.
3. Add paste to onion, cooking gently for 10 minutes. Add balance of 2 cups milk slowly, stirring until it boils.
4. Slice 7 small green bananas, and cook gently in the sauce until tender.
5. Serve as a vegetable in a ring of hot cooked rice.

### 14.2.15 Banana crunch cake

1. Heat oven to 350° F. Grease and flour 10-inch tube (Bundt) pan.
2. In medium bowl, combine 1/2 cup flour, 1 cup coconut, 1 cup rolled oats, 3/4 cup firmly packed brown sugar, and 1/2 cup chopped pecans. Mix well.
3. Using fork or pastry blender, cut in 1/2 cup margarine until mixture is crumbly. Set aside.
4. In a large bowl, combine 1 1/2 cups sliced very ripe bananas, 1/2 cup sour cream, and 4 eggs; blend until smooth.
5. Add 1 package yellow cake mix, Pilsbury Most Supreme is recommended. Beat 2 minutes at high speed.
6. Spread 1/3 of batter in tube pan, sprinkle with 1/3 of coconut mixture. Repeat layers twice more using remaining batter and coconut mixture, ending with coconut mixture.
7. Bake at 350° F for 50 to 60 minutes or until toothpick inserted near center comes out clean. Cool upright in pan 15 minutes; remove from pan. Place on serving plate, coconut side up. Cool completely.
8. HIGH ALTITUDE — above 3500 Feet: Add 3 tablespoons flour to dry cake mix. Bake at 375° F for 45 to 55 minutes.

### 14.2.16 Panecillos de Plátano

1. Sift together 2 cups flour, 1 teaspoon salt, and 3 teaspoon baking powder.
2. Add 4 tablespoons softened butter, mix well, add 3/4 cup milk, and stir only until dampened.
3. Roll to 1/2 inch thickness, cut into cookies about 2 inches in diameter, and place on greased cookie sheet.
4. Slice 2 bananas in 1/2 inch thicknesses and dip pieces in 2 tablespoons lemon juice and then in 2 tablespoons sugar. Place a slice on each cookie, pressing it down.
5. Bake in a 425° F oven for 12 minutes or until golden brown.

Thanks to Ruth Mulvey and Luisa Alvarez Good Food from Mexico.

### 14.2.17 Banana-Rhubarb Crisp

1. Slice 2 large bananas into 1/4-inch rounds. Combine with 2 1/2 cups diced rhubarb, 2 tablespoon sugar, 1/4 teaspoon cinnamon, and a generous dash nutmeg. Spoon the mixture into a well-greased 9-inch pie plate or shallow baking dish (preferably glass or ceramic).
2. In a medium bowl, combine 1/2 cup white or whole-wheat pastry flour, 1/2 cup graham cracker crumbs, 1 1/2 teaspoons baking powder. With a pastry blender or two knives worked in a crisscross fashion, cut in 1/4 cup butter until the mixture is crumbly.
3. Combine 1 egg lightly beaten with 1/4 cup milk and stir into the flour mixture. Spoon the batter as evenly as possible over the fruit mixture. Sprinkle with 2 tablespoons sugar.
4. Bake in a pre-heated 400° F oven for 25–30 minutes.

Thanks to Jane Brody’s Good Food Book.
14.2.18 Banana coffeelate

1. Peel and mash 2 ripe bananas.
2. Blend in 1/2 teaspoon vanilla extract, a few grains salt, 1/4 cup chocolate syrup, 2 teaspoons sugar, and 2 teaspoons instant powdered coffee.
3. Add 1 1/2 cups milk.
4. Beat with rotary beater or electric mixer until smooth and creamy. Chill.

14.2.19 Going bananas with bananas

1. Garnish a baked ham or ham steak with bananas.
2. Make a quick, rich desert with bananas and cream.
3. Bananas are perfect for lunch boxes. They come in their own wrapper, are easy to eat and mess-less.
4. Slice a banana in half lengthwise, brush with melted butter and bake it until tender; serve it as a “vegetable” with roasted meats or fish. Very Caribbean.
5. Don’t forget old favorites like bananas sliced over cereal, diced in pancake batter, or buried midst the ice cream in a banana split.
6. Slice and stir-fry bananas with carrots, tomatoes and ground beef for a super-quick main dish.

14.2.20 Banana-chocolate tea bread

1. Cream 1/2 cup softened butter, gradually add 1 cup sugar, beating until light and fluffy. Add 2 eggs, one at a time, beating well after each addition.
2. Combine 1 1/2 cups all-purpose flour, 2 tablespoons cocoa, 1 teaspoon baking soda, 1 teaspoon salt, and 1/2 teaspoon cinnamon; sift together.
3. Stir flour mixture into egg mixture, blending well.
4. Add 1 teaspoon vanilla extract; stir in 1 cup mashed banana, 1/2 cup sour cream, 1/2 cup chopped walnuts, and 1/3 cup miniature semi-sweet chocolate chips.
5. Spoon batter into two greased and floured 7-1/2 x 3 x 2-inch loaf pans. Bake at 350° F for 55 minutes or until a wooden pick inserted in center comes out clean. Cool in pans 10 minutes, remove from pans and cool completely on a wire rack.

Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).
14.2.21 Banana caramel pie

1. Mix 1 cup dark brown sugar, 1/4 cup all-purpose flour, 1/4 teaspoon salt in a saucepan. Stir in 1/4 cup cold water and 2 egg yolks. Beat until smooth.
2. Gradually stir in 1 cup boiling water. Then cook, stirring constantly, about 3 minutes until smoothly thickened.
3. Stir in 1 tablespoon butter, 1/2 teaspoon vanilla, and 1/4 cup evaporated milk. Cool slightly.
4. Pour into pre-baked, cooled 8 or 9 inch pastry pie shell.
5. Slightly before serving, slice 4 ripe bananas and arrange over filling. Top with whipped cream or with a meringue made out of the 2 left-over egg whites.

14.2.22 Curried shrimp

1. Cook 2 1/2 pounds shrimp for 3 minutes. Peel and devein.
2. Heat 1/3 pound butter or margarine in large saucepan. Saute 4 chopped scallions and 2 cups chopped, peeled apples until tender. Stir in 2 tablespoons curry powder, 1 tablespoon ground ginger, and 1/3 cup flour. Stir for 2 minutes. Remove from heat and blend in 3 cups chicken broth. Return to heat, cook stirring until mixture boils and thickens.
3. Add 1 pound roasted cashews, 1 pound Turkish apricots, and, if desired, 2 ounces diced crystallized ginger and raisins. Cook over low heat for 15 minutes.
4. Add shrimp and mix in.
5. Cut 3 bananas into thick slices and add to mixture. Serve over cooked white or curried rice.

Thanks to Chiquita Bananas. See http://www.jaetzel.de/tim/chiquit.htm.

14.2.23 Banana sweet potato puff casserole

1. In a large bowl, combine 2 cups mashed sweet potatoes, 1 cup mashed ripe bananas (3 medium), 3/4 teaspoon curry powder, 1/3 cup sour cream, 1/2 teaspoon salt, and 1 egg.
2. Beat with electric mixer until light and very fluffy. Turn into 1 quart casserole dish.
3. Bake at 350° F for 20 minutes or until puffed and lightly browned.

Thanks to Turbana Corporation (www.turbana.com).

14.2.24 Banana Bombay salad

1. Puree 3 bananas.
2. Whisk with 1/4 cup lemon juice, 1/4 cup mayonnaise, 1/4 cup plain yogurt, and 1/8 – 1/4 ounce tarragon. Refrigerate at least 2 hours.
3. Cut 2 pounds cooked turkey or chicken breast into bitesize pieces.
4. Add 1/2 cup raisins, 3 green apples cut into pieces, and 1/2 cup chopped walnuts. Mix.
5. Add banana puree and mix. Cut 2 bananas into thick chunks and add. Serve chilled.

Thanks to Chiquita Bananas. See http://www.jaetzel.de/tim/chiquit.htm.
14.2.25 Banana colada

1. Peel and slice 1 ripe banana.
2. Place sliced banana in blender along with 6 ounces pineapple juice (or crushed tinned pineapple in its own juice) and 1 ounce rum plus 1 ounce coconut rum or 2 ounce rum plus 1 teaspoon Coco Lopez.
3. Optionally add 1 ounce banana liqueur.
4. Blend until smooth.
5. Add crushed ice, if so desired.
6. If the mixture is too thick, add more juice (or more rum if you prefer!); if too thin, add more banana. This is a really easy recipe to adjust to one’s taste.

14.2.26 Breaded chicken and bananas

1. In food processor, blend 1 can condensed milk, 1/3 cup milk, 1/2 cup flaked coconut, and 1/4 cup lemon juice until smooth. Pour into a bowl.
2. Prepare 3 cups corn flake crumbs in another bowl or plate.
3. Cut 6 very firm bananas lengthwise, dip in milk mixture, roll in corn flakes, and set aside.
4. Cut 2 chickens into pieces, dip in milk mixture, roll in corn flakes, and place in greased baking pans (2 13x9 pans may be required).
5. Sprinkle chicken with 1/2 cup melted butter and bake as 350° F for one hour.
6. Arrange bananas over the chicken. Sprinkle with 1/4 cup melted butter. Bake 15 minutes longer or until chicken juices run clear.
7. Garnish with sliced star and/or kiwi fruits if desired.

Thanks to Turbana Corporation (www.turbana.com).

14.2.27 Banana-pineapple bread

1. Mix together 1 cup chopped nuts, 2-1/2 cups sugar, 5 cups flour, 1 teaspoon salt, 1 teaspoon baking powder, and 1 teaspoon cinnamon.
2. Mix together 1-1/2 cups vegetable oil, 3 eggs, 3 mashed bananas, 1 teaspoon lemon juice, and 1 can crushed pineapple (drained).

Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).
14.2.28 Banana breeze pie

1. In a small saucepan, melt 1/3 cup butter or margarine. Add 1/4 cup sugar and 1/2 teaspoon cinnamon. Stir constantly over low heat until bubbles form around the edges of pan.
2. Remove from heat, add 1 cup cornflake cereal crumbs and mix well. Press mixture evenly into a 9-inch pie pan to form crust. Chill.
3. Beat 8 ounces softened cream cheese until light and fluffy. Add 1 15-ounce can condensed milk and blend thoroughly. Add 1/3 cup lemon juice and 1 teaspoon vanilla. Stir until thickened.
4. Slice 3 ripe bananas and line crust. Pour filling into crust and refrigerate for 2–3 hours or until firm. Do not freeze.
5. Slice 2 ripe bananas, dip in lemon juice and arrange on top of pie. Note. for a change of pace, use lime juice.

14.2.29 Banana cutlets

1. Peel 6 medium-ripe bananas and halve them crosswise.
2. Dip them in 1/3 cup lemon juice and then roll in 1 cup crushed cornflake crumbs.
3. Saute them in 3 tablespoons butter until a golden brown.
4. Serve on lettuce.

14.2.30 Orange baked bananas

1. Mix in a saucepan 1/2 cup firmly packed brown sugar, 1 tablespoon cornstarch, 1/8 teaspoon cinnamon, and a few grains salt.
2. Add gradually, blending in 3/4 cup boiling water.
3. Bring rapidly to boiling and cook about 5 minutes or until sauce is thickened, stirring constantly.
4. Remove from heat and blend in 1 1/2 teaspoons grated orange peel, 1/4 cup orange juice, 1 teaspoon lemon juice, and 2 tablespoons butter.
5. Peel and cut into halves lengthwise 6 bananas with all-yellow or green-tipped peel.
6. Arrange halves cut side down in baking dish and brush with about 2 tablespoons melted butter.
7. Sprinkle 1/2 teaspoon salt over bananas and then pour the orange sauce over bananas.
8. Bake at 375° F for 10 to 20 minutes.
14.2.31 Delightful banana cheesecake

1. Preheat oven to 350° F.
2. Combine 1.5 cups crushed cereal (3 cups un-crushed Multi-Bran Chex suggested), 1/3 cup melted margarine or butter, and 1/4 cup packed brown sugar; mix well.
3. Press firmly onto bottom and sides of greased 9-inch pie plate. Bake 8–10 minutes, then cool completely.
4. Arrange 1.5 cups sliced bananas onto sides and bottom of cooled crust.
5. Combine 16 oz. softened light or regular cream cheese, 1.5 cups powdered sugar, and 3/4 teaspoon vanilla extract.
6. Mix well, then fold in 2 cups light or regular whipped topping. Pour over sliced bananas.
7. Cover and refrigerate for 4 hours or until set.
8. Garnish with 1/2 cup sliced bananas.

Thanks to Ralston Purina Company.

14.2.32 Chicken salad with banana mayonnaise and grapes

1. Place 3 medium bananas cut in chunks, 2 teaspoons chopped garlic, 3/4 cup non-fat plain yogurt, 1 tablespoon honey, 2 teaspoons lemon juice, and 1/4 teaspoon salt in a blender or food processor. Blend until creamy.
2. Arrange 12 cups mixed lettuces on six plates.
3. Toss 6 chicken breasts cooked and cubed with banana mayo; divide onto salads.
4. Sprinkle with 2 bunchs (≈ 48) halved grapes and 1/2 cup walnut or pecan halves.

Thanks to Chiquita Bananas. See http://www.jaetzel.de/tim/chiquit.htm.

14.2.33 Dulce Zacatecano

1. Peel 3 large not-too-ripe bananas and slice lengthwise. Saute in 5 tablespoons butter until golden brown. Drain on paper, place in a shallow baking dish, and sprinkle with a little sugar.
2. Whip 1/2 cup heavy sweet cream. Add 1/4 cup sugar, 1/4 cup dry sherry wine, and 1 teaspoon vanilla. Pour over bananas covering them completely. Chill and serve very cold.

Thanks to Ruth Mulvey and Luisa Alvarez Good Food from Mexico.

14.2.34 Virginia’s instant banana pie

1. Mix 1 cup sour cream, 1 cup milk, and 1 small package instant vanilla pudding until mixture thickens.
2. Slice 3 medium bananas into the bottom of a 9-inch graham cracker pie crust.
3. Pour the pudding over the bananas and refrigerate at least 2 hours.
14.2.35 Chocolate chip banana bread

1. Blend 2 cups mashed bananas, 1 tablespoon grated orange peel, and 1/3 cup orange juice in a bowl. Beat in 3 eggs. Stir in 1 cup packed brown sugar and 1/3 cup vegetable oil.
2. Combine 2-1/2 cups all-purpose flour, 1 cup chocolate chips, 2 teaspoons baking powder, 1/2 teaspoon baking soda, 1/2 teaspoon salt, and 1/2 teaspoon nutmeg.
3. Stir dry ingredients into banana mixture just until blended. Pour into 4 greased 5-3/4 x 3-1/4-inch loaf pans.
4. Bake in 350° F oven for 45 to 55 minutes or until tester inserted comes out clean. Let cool in pans on rack for 10 minutes. Remove from pan and let cool completely on rack.

Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).

14.2.36 Banana-pineapple rum bread

1. Place 1/2 cup white rum and 1/2 cup diced dried pineapple in a bowl, cover, and let sit for at least one hour.
2. In a mixing bowl, beat together 4 tablespoon butter or margarine and 3/4 cup sugar. Add 1 extra large egg and continue beating until light and fluffy.
3. Add 2 large mashed ripe bananas and mix well. Beat in 1/3 cup plain yogurt — curdling of the mixture is normal.
4. In another mixing bowl, combine 2 cups all-purpose flour, 1/2 tablespoon baking soda, 1 teaspoon ground cinnamon, 1 teaspoon ground nutmeg, 1 teaspoon ground allspice, and 1/2 teaspoon salt.
5. Add the wet ingredients and mix until well blended. Drain the pineapple and add. Fold in 1/2 cup coarsely chopped pecans.
6. Pour into liberally greased 9-inch loaf pan. Bake at 350° F for 45 to 55 minutes or until the bread passes the toothpick test. Remove the pan from the oven and let it sit for 10 minutes, before turning out on a rack to cool.

Thanks to Tim D. Culey, Baton Rouge, La. (tsculey@bigfoot.com).

14.2.37 Banana bran muffins

1. Preheat oven to 400° F.
2. Grease 12 2.75-inch muffin cups.
3. In bowl, combine 1/2 cup crushed cereal (1.5 cups un-crushed Multi-Bran Chex recommended), 1.5 cups all-purpose flour, 1/2 cup sugar, 1/3 cup chopped nuts (optional), 2.5 teaspoons baking powder, and 1/2 teaspoon baking soda.
4. In a separate bowl, combine 3 large mashed bananas (1.5 cups), 1 egg slightly beaten, 1/4 cup vegetable oil, 2 tablespoons water, and 1 teaspoon vanilla extract.
5. Add to cereal mixture and stir just until moistened. Do not over-mix.
6. Divide evenly among muffin cups.
7. Bake 18–20 minutes, or until tester inserted in center comes out clean.

Thanks to Ralston Purina Company.
14.2.38 Banana stuffing

1. Pare and rub 4 bananas through a sieve into bowl.
2. Add 1/2 grated onion, 1 green pepper chopped fine, 3 tablespoons finely chopped parsley, 4 slices cooked bacon chopped fine, 1 1/4 cups bread crumbs, pinch of thyme, 1 teaspoon salt, and 1 egg.
3. Mix thoroughly, fill 1 chicken, and roast in the usual manner.

14.2.39 Banana nut bread

1. Cream 1 cup sugar and 1/2 cup margarine together.
2. Add 2 eggs, 2 cups flour, 1/2 teaspoon salt, and 1 teaspoon baking soda and mix thoroughly.
3. Add 1 cup chopped nuts (walnuts or pecans), 3/4 cup mashed bananas, and, lastly, 4 teaspoons sour milk and mix well.
4. Put in greased loaf pan.
5. Bake in 350° F oven for 1 hour.

14.2.40 Banana storage

Bananas ripen after harvesting. They do it best at room temperature. Because of this there are three stages to banana storage.

1. **On the counter:** When you buy a bunch of bananas that are not exactly at the ripeness you want, you can keep them at room temperature until they are just right for you. Be sure to keep them out of any plastic bags or containers.

2. **In the refrigerator:** If there are any bananas left, and they are at the ripeness you like, you can put them in the refrigerator. The peel will get dusty brown and speckled, but the fruit inside will stay clear and fresh and at that stage of ripeness for 3 to 6 days.

3. **In the freezer:** If you want to keep your bananas even longer, you can freeze them. Mash the bananas with a little lemon juice, put them in an air tight freezer container and freeze. Once they’re defrosted, you’ll go bananas baking bread, muffins and a world of other banana yummies. Or, you can freeze a whole banana on a Popsicle stick. When it is frozen, dip it in chocolate sauce, maybe even roll it in nuts, then wrap it in aluminum foil and put it back in the freezer. Talk about a scrumptious snack.