



# HOT BANANAS!

FOR VARIETY IN MEALS USE THE COOKING BANANA.  
IT IS DELICIOUS PREPARED AS A VEGETABLE OR A FRUIT.

Eleanor A. Matsumoto  
Consumer Marketing Specialist

Cooking bananas are a good substitute for potatoes or rice. They are also excellent for a fruit dessert.

## How to recognize a cooking banana

The cooking banana is easily recognized for it is thicker than the eating banana. Also, the fruit is somewhat stubby and the skin is usually a deeper yellow than the eating type.

## Varieties commonly found in the market

The Maianaoli and the Popoulu varieties are the popular cooking bananas found in markets in Hawaii.

The Maianaoli variety is long, round, and well-filled at both ends. It may be either baked or boiled.

The Popoulu variety is thick, short, and blunt with rounded ends. This variety has a better texture when boiled than when baked.

## Easy ways to prepare cooking bananas as a vegetable

### Boiled Bananas

Place whole unpeeled bananas in boiling water and boil for about 15 to 20 minutes until the peel is transparent in color. Slit banana lengthwise and serve plain with butter or margarine or with butter or margarine and brown sugar.

### Baked Bananas

Bake in skins in a 350°F oven for 30 to 40 minutes. Aluminum foil may be used in baking bananas to catch the fruit juice which may be released in baking. Slit skin lengthwise; season with butter or margarine and brown sugar or salt and pepper.

### Bananas in Casserole

Peel bananas and place them in a casserole. Dot with butter or margarine and add brown sugar or fruit juice such as lime, lemon, orange or passion fruit juice. Grated coconuts may also be added for a topping.

### Sautéed Bananas

Peel ripe bananas. Cook bananas slowly in frying pan with butter or margarine until they are slightly brown. Add guava jelly and lemon juice or sherry and baste bananas until they are glazed. Serve hot with a meat dish or curry.

### Broiled Bananas

Peel bananas, cut lengthwise into halves, and place in a shallow baking dish. Dot with butter or margarine; add guava jelly and lemon juice. Place under broiler and baste until the bananas are tender and glazed.

### "Stay-Crisp" Banana Fritters (4 servings)

(These golden brown fritters will hold their crispness 15 to 20 minutes.)

1 cup flour, sifted (4 ounces)	1/3 cup milk
2 teaspoons baking powder	2 teaspoons melted shortening
1-1/4 teaspoons salt	2 - 3 bananas
1/4 cup sugar (2 ounces)	1/4 cup flour, for coating
1 egg, well beaten	Melted hydrogenated fat or cooking oil for frying

1. Sift together flour, baking powder, salt and sugar.
2. Combine eggs, milk, shortening or oil. Add to dry ingredients. Mix well. (The batter is stiff: do not "thin".)
3. Peel bananas. Cut each into 3 or 4 diagonal pieces. Roll in flour. Shake off excess. Dip into batter. Completely coat banana.
4. Fry in hot deep fat (375°F) 4 to 6 minutes, turning fritters to brown evenly. Drain. Serve hot with pineapple sauce.

### Pineapple Sauce

3 tablespoons sugar	1 cup unsweetened canned pineapple juice
1 tablespoon cornstarch	1 teaspoon lemon juice
few grains of salt	1/4 cup pineapple, crushed, canned

1. Mix together sugar, cornstarch and salt.
2. Add pineapple juice gradually. Bring to boiling temperature. Cook over medium heat until sauce is thickened, stirring constantly.
3. Remove from heat. Stir in lemon juice and crushed pineapple. Serve hot.

Variation: Pineapple mint sauce: Stir in oil of peppermint with lemon juice and pineapple, allowing about 2 drops for each cup of sauce. Add certified green food coloring to tint sauce green.

### Banana Scallops

- 1 pound bananas (3 to 4)
- 1 egg, slightly beaten or 1/4 cup evaporated milk, undiluted
- 1½ teaspoons salt
- ½ cup finely crushed corn flakes
- Melted hydrogenated fat or cooking oil for frying



1. Mix together eggs or undiluted evaporated milk and salt.
2. Peel bananas. Cut into crosswise pieces 1 inch long.
3. Dip into eggs or milk, then drain well (3 to 4 minutes) so that the banana will not require a large amount of dip.
4. Roll in crumbs until well coated.
5. Fry in hot deep fat (375°F) 1½ to 2 minutes, or until scallops are browned and tender. Drain.

Be sure to put banana scallops on your menu for a baked ham dinner.

### Bananas on a stick for a Cookout

Cut unpeeled bananas crosswise into slices 3/4 inch thick. Dip cut ends in lemon or lime juice and sprinkle a mixture of cinnamon and brown sugar. Thread on skewers (going through skin) alternating with quartered orange slices (thick and unpeeled) and pineapple cubes. Broil until heated through and banana peel is black.

### A Banana Split for Breakfast (one serving)

(This novel dish may also be served for brunch, luncheon, or supper)

- 1 banana
- 1 tablespoon butter or margarine, melted
- salt
- 2 strips bacon, grilled
- Salad greens for garnish



1. Peel banana. Cut lengthwise into halves.
2. Brush or coat completely with butter or margarine and sprinkle lightly with salt.
3. Place halves, cut sides down, into well-greased pans.
4. Broil about 4 inches from heat 2 to 3 minutes.
5. Turn bananas. Broil 3 to 4 minutes until browned and tender.

6. For each serving, arrange 2 banana halves, side by side, cut sides up, on plate. Place a grilled bacon strip on top of each half. Garnish with crisp watercress.

Serve with fried, poached or scrambled eggs, or cottage cheese.

Good flavor companions--

Banana 'n Ham  
Banana 'n Sausage  
Bananas 'n Hamburgers  
Bananas 'n Lamb Chops  
Bananas 'n Fish Fillets  
Bananas 'n Steak



### Banana Dessert Treats

#### Sautéed Banana A la Mode

Cut banana lengthwise into halves. Brown in skillet with butter or margarine, sprinkle with brown sugar and add a little lemon juice. Top with ice cream and garnish with cherries.

#### Cinnamon Bananas

Peel bananas. Cut lengthwise into halves. Cook slowly in frying pan with butter or margarine until slightly brown. Sprinkle with sugar and dust with cinnamon. Cover pan and cook slowly for about 20 minutes.

#### REFERENCES:

1. Bananas--Recipes for Institutional Service and Menus--United Fruit Company, Pier 3, North River, New York 6, New York, 1954
2. The Versatile Cooking Banana: Kathryn J. Orr and William B. Storey, University of Hawaii Press, Honolulu, Hawaii, 1955