14 RECIPES

14.1 Unused recipes

14.1.1 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`.

14.1.2 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.

14.1.3 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.

14.1.4 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 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.

14.1.6 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 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 Columbian fresh banana cake with sea foam frosting

1. Open an 18.5 oz **yellow cake mix** into a large mixxing 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.

14.2.3 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`).

14.2.4 Banana poundcake

1. Mix in large bowl until blended:
   - $1\frac{1}{3}$ cups mashed **bananas** (4 medium)
   - 1 pkg. ($18\frac{1}{2}$ oz.) **yellow cake mix**
   - 1 pkg. ($3\frac{3}{4}$ oz.) instant **vanilla pudding mix**
   - $\frac{1}{3}$ cup **salad oil**
   - $\frac{1}{2}$ cup **water**
   - $\frac{1}{2}$ teaspoon **cinnamon**
   - $\frac{1}{2}$ 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.

14.2.5 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`).

14.2.6 Chewy banana split dessert

1. Prepare and bake one package (19.8 0z) 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.
4. Refrigerate to chill completely. Cut into squares to serve.

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.
4. Chop 4 medium-sized **tomatoes**, 2 **green peppers**, and 1 medium-sized **onion**.
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 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.

14.2.9 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 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.

14.2.11 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`).

14.2.12 Coriander banana nut bread

1. Blend together in a large bowl $1\frac{2}{3}$ 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 $1\frac{1}{4}$ 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 $9 \times 5 \times 3$-inch loaf pan and spread to corners.
8. Bake at 350° F 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.

14.2.13 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.

14.2.14 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.

14.2.15 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 **cocnut**, 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 cocnut 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 $2\frac{1}{2}$ 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, $1\frac{1}{2}$ 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 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.

14.2.19 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.
6. Serve on a bed of rice. Decorate with pineapples if preferred.

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

14.2.20 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 bunches (≈ 48) halved **grapes** and 1/2 cup **walnut** or **pecan** halves.

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

14.2.21 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.

From *Everyday BANANA Recipes*, Banana Distributing Co., New Orleans, published by Bauerlein, Inc. New Orleans, 1927.

14.2.22 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.

14.2.23 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 **bananans**. 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.

14.2.24 Sautéd 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. Sautée 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`).

14.2.25 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 **taragon**. 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`.

14.2.26 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.

14.2.27 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 $1\frac{1}{2}$ cups **milk**.
4. Beat with rotary beater or electric mixer until smooth and creamy. Chill.

14.2.28 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.

14.2.29 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`).

14.2.30 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).
3. Combine. Bake at 350° F for one hour.

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

14.2.31 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.

14.2.32 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.

14.2.33 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 $1\frac{1}{2}$ 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.

14.2.34 Mexican chicken vegetable soup with bananas

1. In large, covered kettle, over medium-low heat, simmer 4 pounds cut up **stewing chicken**, 1/c 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`).

14.2.35 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 $350\,\mathrm{deg}$ about 15 minutes or until the bananas are tender (but not soft), basting with the sauce several times.

14.2.36 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*.

14.2.37 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.
2. Prepare a 3 1/8 ounce package **vanilla pie filling** using 1 3/4 cup **milk**. Cover surface with transparent wrap and chill.
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.

14.2.38 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.
6. Serve on a bed of rice. Decorate with pineapples if preferred.

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

14.2.39 Dulce Zacatecaño

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*.

14.2.40 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.

14.2.41 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`).

14.2.42 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`).

14.2.43 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.

14.2.44 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.

14.2.45 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.

14.2.46 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.

14.2.47 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.

14.2.48 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`).

14.2.49 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.

14.2.50 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`.