



Thai Fried Banana's (Goreng Pisang)

SERVES: 4-5

Fried Bananas are a popular dessert and snack throughout Southeast Asia. It can be served with coconut ice cream or enjoy them hot from the pan.

INGREDIENTS:

- $\frac{3}{4}$ cup sunflower oil (for frying)
- 2-4 regular bananas (older ones work well, or 6-8 mini sweet bananas)
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ cup rice flour
- $\frac{1}{4}$ cup corn-starch
- $\frac{1}{4}$ tsp salt
- 3 tbsp dry shredded unsweetened coconut (baking type)
- $\frac{1}{3}$ cup cold water
- $\frac{1}{3}$ tsp baking soda
- 1 large egg
- Few drops vanilla

METHOD:

1. Gather all the ingredients. Place oil to a depth of $\frac{3}{4}$ to 1 inch into a small skillet or wok and heat
2. Meanwhile, prepare the bananas by peeling and slicing them in half. Then slice each section in half again, but lengthwise this time
3. In a medium mixing bowl, place all-purpose flour, $\frac{1}{4}$ cup of rice flour, corn-starch, salt and 2 tbsp of the shredded coconut and stir to combine
4. In a measuring cup, mix together cold water with baking soda and pour into bowl with flour mixture
5. Add the egg and the vanilla. Stir well to create a smooth batter
6. Place the remaining $\frac{1}{3}$ cup rice flour in separate, dry bowl and add remaining one tbsp. shredded coconut. Mix well and set next to the batter
7. Dip banana pieces first in the batter, then gently dredge them in the rice flour-coconut mixture. This last step helps firm up the batter and is the secret to creating a crisp (rather than soggy) coating. Your bananas are now ready for frying



8. Make sure the oil is hot by testing with a breadcrumb. If it sizzles and cooks within a few seconds, the oil is hot enough for frying
9. Carefully place coated bananas in the hot oil. Fry approximately 1 minute per side, or until batter puffs up slightly and turns light to medium golden brown. Remove from heat and drain on paper towel
10. Serve your friend bananas as soon as possible as is or with a side of coconut or vanilla ice cream on the side.

