

# DEEP-FRIED BANANAS (BANANA EMPANADA)

## YIELD

10 SERVINGS

## PREPARATION AND COOKING TIME

APREPARATION TIME: 5 MINUTES

COOKING TIME: 2 MINUTES

## EQUIPMENT NEEDED

- 1 DEEP-FRY MACHINE OR LARGE HEAVY-BOTTOM SAUCEPAN
- CUTTING BOARD
- KNIFE
- BOWLS
- SLOTTED SPOON
- PLATE

## INGREDIENTS

- 4-6 CUPS VEGETABLE OIL (OR ENOUGH TO COMPLETELY COVER THE BANANAS)
- 5 SMALL, RIPE AND FIRM BANANAS
- 1 CUP ALL-PURPOSE FLOUR (OR GF FLOUR, ALMOND FLOUR OR COCONUT FLOUR)
- 3 LARGE EGGS, BEATEN AND MIXED WITH 1 TSP WATER (OR 1 CUP OF MILK)
- 1 CUP BREAD CRUMBS

## METHOD

1. HEAT THE OIL TO 350°F (180°C) IN A DEEP-FRY MACHINE OR A LARGE HEAVY-BOTTOM SAUCEPAN OVER MEDIUM HEAT.
2. WHILE OIL IS HEATING, PEEL THE BANANAS, REMOVE THE STRINGY PARTS THAT CLING TO THE PEELED FRUIT, AND CUT CROSSWISE IN HALF.
3. PLACE THE FLOUR, EGGS, AND BREAD CRUMBS EACH IN A SEPARATE BOWL. DREDGE THE BANANA HALVES IN FLOUR TO GET AN EVEN COATING. SHAKE TO REMOVE EXCESS FLOUR. NEXT, SOAK THE BANANA HALVES IN THE BEATEN EGGS MIXED WITH 1 TSP WATER. FINALLY, COVER THE BANANA HALVES IN BREAD CRUMBS.
4. FRY EACH HALF UNTIL LIGHTLY GOLDEN (DO NOT OVERCROWD THE PAN), ABOUT 1 TO 2 MINUTES. REMOVE WITH A SLOTTED SPOON. PLACE ON A PLATE LINED WITH A DOUBLE LAYER OF PAPER TOWELS.
5. SERVE WARM AS A SIDE FOR BEANS OR FEIJOADA , OR AS A DESSERT TOPPED WITH ICE CREAM AND/OR CARAMEL OR CHOCOLATE SAUCE.



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## NOTES

- A BRAZILIAN VERSATILE DISH THAT CAN BE SERVED AS A SIDE FOR BEANS OR FEIJOADA, OR AS A DESSERT TOPPED WITH CARAMEL AND/OR ICE CREAM. IT TAKES ONLY ABOUT 2 MINUTES TO COOK ON THE STOVETOP, WHICH HELPS CONSERVE NATURAL RESOURCES.
- STORE LEFTOVERS IN AN AIRTIGHT CONTAINER IN THE FRIDGE TO UP TO ONE DAY. BE AWARE TEXTURE WILL BE SOFTER. ABOVE ALL, DO NOT FREEZE DEEP-FRIED BANANAS BECAUSE THE FRUIT WILL BECOME MUSHY ONCE THAWED AND REHEATED.



RECIPE BY CHEF DENISE  
BROWING  
WEBSITE:  
EASYANDELISH.COM  
INSTA:@EASYANDDELISH

