



BANANA FRITTERS

Season:	Any
From the garden:	Eggs
Type:	Dessert
Difficulty:	Moderate
Country of origin:	West Afrika
Serves:	30 tastes
Source:	goodto.com

Equipment

- *chopping board and knife
- *bowls and mixing spoon
- *slotted spoon
- *whisk
- *measuring cup and spoons
- * deep frying pan

Ingredients

- *10 bananas
- *1 ¼ cup self raising flour
- *1 tsp baking soda
- *½ tsp cinnamon
- *2 eggs
- *300 ml milk
- *oil for deep frying

Method

- 1.break the eggs into a bowl and whisk
- 2.add the milk, flour, soda and cinnamon and whisk until the batter is smooth
- 3.peel the bananas and cut in half lengthwise, then cut each half into 3 pieces
- 4.fill a deep frying pan halfway with oil and heat
- 5.test the oil by adding a little bit of batter, if it's sizzling the oil is hot enough
- 6.drop a few banana pieces into the batter, move them around gently until they are covered, then remove them with a slotted spoon and drop them carefully into the hot oil

7.fry the banana pieces until golden brown, then turn over to fry on the other side

8.remove the fritters with a slotted spoon and drain on some kitchen paper

9.serve with honey, maple syrup or ice cream

Skills: *measuring, chopping, mixing, frying*

Note: *Adult supervision is necessary when deep frying*