

## Best Way to Boil Green Bananas

### Ingredients:

- Green bananas (as many as you need, typically 2–4 per person)
  - Water
  - Salt (optional, about 1 tsp per pot)
  - A little oil (optional, helps reduce the sticky sap)
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### Instructions:

#### 1. Wash the Bananas:

- Rinse the green bananas under running water to remove dirt and sap.

#### 2. Cut the Ends:

- Trim both ends of each banana with a knife.

#### 3. Score the Skin (Optional but Helpful):

- Run a shallow slit lengthwise along the banana (don't cut too deep). This helps the skin peel off easily after boiling.

#### 4. Boil Water:

- Fill a large pot with enough water to cover the bananas.
- Add a little salt and a teaspoon of oil (optional).

#### 5. Add Bananas:

- Place the bananas (with skin on) into the boiling water.

#### 6. Boil for 15–20 Minutes:

- Boil until the bananas are tender. You can check by poking with a fork—if it goes in easily, they're ready.

#### 7. Drain and Cool:

- Remove from the pot and let them cool slightly.
  - Peel and serve.
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### **Serving Suggestions:**

- Serve with **callaloo, ackee and saltfish, boiled eggs, or avocado.**
- You can drizzle with olive oil or eat with a bit of butter for extra flavor.

Let me know if you want a variation (e.g., peeled before boiling or boiled with skin removed).