

SESAME HONEY BANANA FRITTERS

INGREDIENTS

4 to 5 big ripe bananas , cut into 1-inch chunks
Oil for deep frying
Honey & lightly toasted sesame seeds to serve with

Batter

1/2 cup all-purpose flour
1/2 cup cornstarch
2 tablespoons milk (or plant-based milk for a vegan dish)
1 tablespoon butter , melted
1 tablespoon granulated sugar
1/2 cup water

METHOD

Step 1

Combine all the ingredients for the batter in a big bowl. Stir to mix well. It should form a runny batter similar in consistency to a pancake batter.

Step 2

Heat 1 inch of oil in a small deep pot over medium-high heat until hot. Test the oil by inserting a wooden chopstick. If the oil sizzles and you can see small bubbles rising rapidly on the chopstick, the oil is ready.

Step 3

Line a large plate or baking sheet with a cooling rack. Add the chopped bananas into the batter, a few pieces at a time, and coat well. Gently transfer the bananas into the oil. Fry until all sides turn golden brown. Transfer onto the cooling rack to drain the extra oil. Fry all the bananas this way in batches.

Step 4

Wait until the bananas cool down slightly. They will continue to crisp.

Step 5

Serve hot with honey and toasted sesame seeds

THE COOKERY

by The Secret Jozi Chef