

PISANG GORENG

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Ingredients

100g All-Purpose Flour
2 teaspoons baking powder
pinch of salt
150 ml water
1 Tablespoon vegetable oil
1 Banana
Sugar and/or shredded coconut for coating

Method

Step 1

In a bowl, add the flour, baking powder, and salt.

Step 2

Add the water and oil and combine with a hand whisk. The consistency should be thick, like heavy cream and be able to coat a spoon. If it is too thick, add a drop more water, too thin, add a little more flour. Set aside.

Step 3

Heat a pan with vegetable oil until it reaches 180 C or 350 F. Make sure you do not overfill the pan with oil. I use a small saucepan and cook in batches, filling the pan 1/3rd deep with cooking oil.

Step 4

Whilst the oil is heating up, peel the banana, cut in half and then slice lengthways in half so you have 4 pieces.

Dip each piece in the batter so it is fully coated and carefully place in the pan, cooking both sides until golden brown. ** To tell if the oil is hot enough, drop a tiny bit of batter, the size of a pea into the oil. If it sizzles and floats to the top immediately, the oil is hot enough.

Step 5

Place the fritters on some kitchen paper then dip into a bowl with sugar and coconut if using, to coat.

THE
COOKERY

by The Secret Jozi Chef

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