

Raw Banana Tikki

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Prep: 20 Cook: 12 Rest: 0 Servings: 8

Ingredients

- ▸ Ginger
- 1 ▸ Onion (optional)
- ▸ Salt
- ▸ Roasted Cumin Powder
- ▸ Green Chilies
- 1 tsp ▸ Fennel Seeds
- ▸ Amchur Powder
- 2 tsp ▸ Ghee
- 3 ▸ Raw Bananas
- ▸ Coriander Leaves
- 1 tsp ▸ Rice Flour

Instructions

1. Prepare the Mixture

Peel the cooled bananas and lightly mash. Add chopped green chilies, chopped ginger (a good amount for digestion), optional chopped onion, chopped coriander leaves, 1 tsp fennel seeds, salt to taste, 1 tsp rice flour (binding agent), amchur powder, and roasted cumin powder. Mix well.

2. Pressure Cook Bananas

Chop the ends of three raw bananas. Do not peel. Place in a pressure cooker with sufficient water and pressure cook for 2-3 whistles. Allow steam to release and check if cooked. Remove and let cool completely.

3. Form and Fry Tikkis

Form small, round tikkis and press them flat. Heat a non-stick pan, grease with 1-2 tsp ghee, and cook tikkis on low flame for 4-5 minutes per side, flipping to get color. Serve with mustard sauce or chutney.

Source: <https://youtu.be/9417c5QyJ1c>