



Curried Bananas

An unusual but tasty curry.

Serves : 4

Preparation Time : 5 mins

Cooking Time : 8 mins

Ingredients

6 unripe bananas
2 cloves of garlic
1/8 pint of yogurt
2 onions
salt to taste
Butter or vegetable oil for frying

Herbs & Spices

to taste Chilli Ground
6 Cloves Whole
1 tsp Coriander Leaf
1 tsp Coriander Seed
1 1/2 tsp Garam Masala
1 tsp Mango Powder

Cooking Instructions

Grind the garlic with a generous pinch of salt in a pestle and mortar. Crack the whole coriander with the back of a spoon (or lightly grind it in a pestle and mortar) and add to the garlic paste along with the ground chilli, cloves, garam masala and amchoor powder. Mix well into a thick paste. Chop the onions finely and mix with the spice mixture into the yogurt.

Peel bananas and slit length ways.

stuff them with the paste and secure back together again so the paste is inside. Tying with string is the most effective method but time consuming; pinning the banana together with 2 or 3 cocktail sticks is quicker but the sticks can slip during cooking.

In a heavy based frying pan, melt the butter or heat the oil and gently fry the bananas over a medium heat until brown and tender on one side. Turn over carefully and cook on the other side.

Serve on a bed of rice, garnished with the coriander leaves.