

# BANANA RECIPE BOOK

POPULAR CHEF FEATURES | ISLAND WIDE

“ FIG LA SÉ SA NOU TOUT ”

EAT FRESH ST.LUCIA'S BEST

Green & Ripe Banana Recipes |  
Food & Beverage | Top Island  
Restaurants



## To:

La Mesa | Elena's | Creole  
Grill | Razmataz | Café Ole |  
Doolittle's | Sakuragi | It's  
Alive | Amici | Capella |  
Sandals Grande | Orlando's |  
Flavours of the Grill | Spice  
of India | Rituals Sushi |  
The Harbor Club | Mystic  
Royal | Lil Chef |  
Caribbean Pirates

**THANK YOU**



## Marketing Unit | **Ministry of Agriculture**



This book was composed, designed &  
photographed by:

**Kendra Payne**

Ministry of Agriculture, Fisheries, Food  
Security & Rural Development

## **Editors & Support Personnel**

Apral Deterville | Clement King | Nansha Medard  
| Dr. Auria King - Cenac | Gregoria Calixte |  
Souraya Niles - Regis | Dr. Randel Esnard |  
Randolph Rosemond | Thaddeus Constantin

The background of the page is a collage of food-related images. At the top, there are two pans filled with a cooked, chunky banana dish, likely a traditional South Indian 'Banana Curry'. Below this, on the left, are several green, unripe bananas. On the right, there is a white bowl filled with sliced, yellow, cooked banana pieces. In the upper right corner, there are three red tomatoes. The entire scene is set on a wooden surface.

## **GOT FRESH BANANAS?**

Try cooking up a quick and simple tantalizing banana dish, using everyday ingredients that's sure to satisfy your taste buds .

This banana recipe book contains 56 mouth watering recipes that are guaranteed to impress your family member at the dinner table or bring a special flare to any gathering.

Explore a contemporary style of cooking with this sweet and savory fruit.



# Acknowledgement

The Ministry of Agriculture, Fisheries, Food Security and Rural Development of Saint Lucia would like to thank all the chefs, mixologists, baristas and bartenders who contributed to the development of this banana recipe book.

To the restaurant owners and hotel managers who accommodated us, thank you for your willingness to participate and your warm hospitality.



*Forward*

**Hon. Alfred Prospero**

*Minister for Agriculture, Fisheries, Food Security  
and Rural Development*

The Ministry of Agriculture, Fisheries, Food Security and Rural Development is pleased to present its published banana recipe book featuring inspiring dishes prepared by local chefs using our local bananas. Bananas are deemed as one of the main areas of focus under the key results area for agriculture in the Medium Term Development Strategy 2020 - 2023. The resuscitation of the banana industry is enshrined in the Ministry's policy and framework as one of the eleven priorities for the development of this sector. In order to facilitate the revival and expansion of the banana industry, many initiatives and programmes have been developed to increase banana production, such as: rehabilitation, enhancement of the marketing systems for bananas and its value added products, as well as building on the technical capacity of farmers.

Bananas are particularly significant in small island developing states such as Saint Lucia as they contribute not only to household food security as a staple but also to income generation as a cash crop. In keeping with the Ministry's tagline, "*Eat Fresh Saint Lucia's Best*" it is fitting to emphasize the consumption of our local produce. Bananas contain antioxidants (polyphenols), phytochemicals and resistance starch which are beneficial to health. It is rich in carbohydrates, vitamins, minerals and dietary fibre. In addition there are many health benefits to banana consumption including promoting digestion, reducing blood pressure, helping to reduce cholesterol, regulating bowel movement and heartbeat. The Ministry of Agriculture through this mandate and in an effort to promote local produce seeks to use this banana recipe book as a promotional tool to increase the consumption of bananas and its value added products.



# Contents

## Appetizers

1. Banana Flavored Bread Rolls (Bonus Recipe)
4. Green Banana & Salted Cod Fish Croquettes
6. Mini Tropical Banana Crab Cake with Floral Garnish
8. Green Fig & Salt Fish Fritters with Fresh Chutney
10. Salted Banana Fries with Home Made Tartar Sauce
12. Green Fig & Smoke Herring Cucumber Cheese Bites
14. Salt fish & Green Banana Soup with Banana Chip
16. Green Banana Mash with Marinated Barracuda
18. Green Banana Gnocchi with Smoke Herring Sauce
20. Healthy Raz Banana Broth with Fresh Herbs
22. Green Banana Porridge with Island Spice & Veg
24. Green Banana Tikki with Mango Chutney & Sweet Yoghurt
26. Banana Fritter Salad in Deep Fried Beer Batter
28. Banana Chutney with Fresh Cassava Chips

## Main Course

29. Banana Asian Dumplings (Bonus Recipe)
32. Fresh Green Banana Beef & Fish Tacos
34. Lucian Banana Seafood Laska with Fresh Herbs

36. Green Banana Kofta Masala with Naan Bread
38. Sautéed Green Banana with Irish Potato & Veg
40. Creamy Banana Gnocchi with Crispy Bacon
42. Crispy Banana Stuffed Snapper Pocket
44. Island Green Banana Seafood Lasagna
46. Stuffed Caribbean Jerk Pork
48. Beef Ramen with Deep Fried Banana
50. Salt Fish & Banana Pepper Cup
52. Banana Katsu Maki Sushi Roll Kebab
54. Raz Banana Sauce with Mahi Mahi & Mushrooms
56. Derek Walcott Fish Cake with Blue Marlin

## Desserts

57. Banana Bread (Bonus Recipe)
60. Crispy Banana Pizza with Nutella & Mint
62. Banana & Coconut Soft Jelly Pie with Passion fruit
64. Salted Caramel Banana Layer Cake
66. Creamy Banana Pudding Pot with Whipped Cream
68. Sour Dough Banana & Chocolate Chip Muffin
70. Banana Pumpkin Fritters with Rum & Raisin Ice-cream
72. Creole Banana Cheese Cake with Mango Carrot Puree
74. Deep Fried Banana Ice-cream Ball with Banana Chip

76. Mini Banana Cakes
78. Loaded Banana Crepe
80. Fresh Banana Scones
82. Banana Coconut Tart
84. Five Spice Banana Fritters
86. Stuffed Banana Crepe

## Beverages

87. Banana Martini (Bonus Recipe)
89. Banana Daiquiri
90. Caribbean Colada
91. Banana Cream Pie
92. Banana Temptation
93. Banana Lassi
94. Harbour Express
95. Banana Smoothie
96. Banana Spilt
97. Viva Sent Lisi
98. Banana Mudslide
99. Banana Delight
100. Banana Protein Shake



## Banana Flavored Bread Rolls (Bonus Recipe)

### Ingredients

1/2 cup (4 oz) pureed overripe bananas

1 cup (130 grams) self-rising flour see notes for making your own self-rising flour

Note: These banana flavored bread rolls are just two ingredients

### Directions:

Preheat the oven to 350F. Line a baking sheet with parchment paper.

In a medium bowl, add flour and pour in a spatula to scrape the sides of your measuring cup to release the puree stuck to the sides of your measuring cup to ensure all the banana ends up in the bowl. Use spatula to mix the banana puree into the flour. Continue to stir until a dough forms. Your dough may be very sticky, too sticky to hold, but that is okay.

Using a cookie scoop, scoop heaping balls of dough. You should have enough dough for 6 rolls. Space rolls 2 inches apart on baking sheet. Use slightly damp fingers to smooth the surface of each dough ball. Bake bread for about 20-22 minutes or until tops are browned. If desired, brush breads with warm honey.

● **Source: Kirbie's Cravings**

<http://kirbiecravings.com>







Prep Time: 20 minutes | Serves: 2 - 3

## *Green Banana & Salted Cod Fish Croquettes*

## Directions:

In a sauté pan sweat onions, peppers and garlic then set aside. Add mashed green banana, 1 egg, cod fish, onion, garlic, sautéed mixture, salt and black pepper to a large bowl and stir until combined.

Scoop out 2 tablespoons of the mixture at a time and roll each into an oblong shape. Place on baking sheet lined with wax paper and allow it to chill for a few minutes. Prepare three bowls for coating: One with flour, one with beaten egg and water mixed together, and one with bread crumbs. Roll each croquette in flour, dip in egg and roll in breadcrumbs. Set aside.

Deep Fry croquettes in hot oil in small batches over medium-high heat for 3-5 minutes, until lightly golden browned. Place on paper napkin to drain extra oil. Serve hot with Spicy Mayo and Mango Chutney.

## Executive Chef: St. Brice Mystic Royal



## Ingredients

1/2 pounds green plantain, cooked mashed | 3 medium eggs, divided; 1 for filling, 2 for coating | 1/2 cup boiled, rinsed and flaked salt cod fish | 1/4 cup all-purpose flour | 1/4 cup bread crumbs | 1 teaspoon water | 1 small onion, fine diced | 1/2 teaspoon minced garlic | 1/2 teaspoon salt | 1/2 teaspoon pepper | 1 small green bell pepper | oil for frying



Prep Time: 25 minutes | Serves: 4

## Mini Tropical Banana Crab Cake with Floral Garnish

## Directions:

Finely dice onion, garlic, seasoning pepper, tomatoes and banana (half ripe). In a large bowl, add crab meat together with curry powder, then mix. Add a few drops of A1 steak sauce with vinegar, salt and pepper to the crab meat mixture.

Pour the seasoned meat into a food processor for 1 minute or until its unformed. Transfer minced meat to a clean bowl. Add cream cheese and gently fold it into the meat. Slice green banana into thin strips, then fry in sesame oil until the chips turn golden brown and crunchy.

Add the banana chips in a blender with salt, black pepper and jerk seasoning, then blend until it forms a light crumble. Pour crumble into a medium side bowl.

Whisk an egg in a separate bowl then set aside. Using a 1/3 measuring cup, portion the crab cakes into eight patties, about 1 ½ inches thick. Deep each patty in the egg wash, then into the banana crumble. Heat vegetable oil in a large skillet pan until the oil is shimmering. Fry the crab cakes until golden brown.

**Chef: Kerwin Propsere**

*Lil Chef*



## Ingredients

½ cup onions (chopped) | ¼ cup garlic (grated) | ½ cup seasoning pepper | ½ cup tomatoes | 2 half ripe banana | 1 lb of jumbo crab meat (de-shell) | ½ tbsp. curry powder | ½ cup cream cheese | 2 tbsp. A1 steak sauce | vinegar (to taste) | salt (to taste) | black pepper (to taste) | 1 egg | vegetable oil



Prep Time: 15 minutes | Batch: 6 - 8

## *Green Fig & Salt fish Fritters with Fresh Chutney*

## Directions:

Finely chop cilantro, chives, parsley, thyme, seasoning pepper and onion. In a medium sized bowl pour in water, lime juice and chopped seasonings. Then, set aside the seasoned mixture.

In a large bowl combine flour, curry, black- pepper and cinnamon powder. Pour in seasoned water mixture into the flour blend and stir with a spoon, until the batter forms a smooth consistency.

Mash the boiled bananas then add it to the batter; and mix thoroughly. In a frying pan, heat up the oil to 375 degrees F (190 degrees C) for about 1 minute.

Drop batter mixture in the hot oil using a table spoon. Fry fish cakes on both sides until golden brown. Serve with fresh golden apple chutney and (or) tartar sauce.

## Executive Chef: Robby Caribbean Pirates



## Ingredients

1 cup flour | ½ lb boiled salt fish (shredded) | 2 cups water | 2 green bananas (boiled) | black pepper (to taste) | 1 tbsp curry | ½ tsp. cinnamon powder | ¼ cup lime juice | cilantro, chives, parsley, thyme, seasoning pepper, & onion - (to taste) | vegetable oil (for frying)



**Prep Time: 15 minutes | Serves: 2**

# *Salted Banana Fries with Home Made Tartar Sauce*



## Directions:

Wash and peel the skin off the green bananas. Slice each green banana into long thin wedges or strips and set aside.

Heat the oil in a deep skillet over medium high heat. If you have a deep-fryer, heat the oil to 375 degrees F (190 degrees C). Place the banana strips into the hot oil, and fry until golden brown, about 5 to 7 minutes each batch.

Remove from the oil, and drain on a paper towels. Pat off the excess oil, and season with salt & black pepper.

## For Tartar Sauce:

Combine all ingredients in a mixing bowl and give it a good stir. You can garnish with freshly chopped parsley. Banana fries can also be served with ketchup or as a side to a main dish.

**Chef: St. Brice**

*Flavours of the Grill*



## Ingredients

2 green bananas | vegetable oil (for frying) | salt & black pepper (to taste)

**Home Made Tartar Sauce:** 1 cup real mayonnaise | 1 cup finely chopped dill pickles | 1 tbsp. dill (fresh or frozen), (or) 1 tbsp. finely chopped fresh parsley | 1 tsp lemon juice | 1 tsp sugar | 1/4 tsp freshly ground black pepper | 2 tbsp finely chopped onion



Prep Time: 20 minutes | Batch: 8

## *Green Fig & Smoke Herring Cucumber Cheese Bites*

## Directions:

Peel off skin, remove seeds and slice cucumbers into medium size circular slices. In a small bowl mix together vinegar, salt, sugar, dill, garlic and onion. Add in sliced cucumbers and transfer mixture in a jar with a tight lid. Shake the jar occasionally. **Note: Pickled cucumbers will be ready to eat in five days.**

In a small pan, boil the smoked herring with 1 tbsp of olive oil for five minutes until the fish loosens up and the excess salt is removed. Once boiled, drain the fish then shred and remove bones. Set aside.

In a medium size bowl mash the bananas & avocado. Pour mashed ingredients into a food processor and add in the smoked herring. Mix until mixture appears soft and fully uniformed paste.

Take your pickled cucumber slices. Place 1 tbsp. of paste in the center of every slice. After they are filled place ¼ tbsp. of cottage cheese on top of each cucumber bite. Garnish with fresh parsley & cottage cheese then serve.

**(Optional): Serve with chopped pineapples, and caimite.**

**Chef: Noel**

*Caribbean Pirates*



## Ingredients

2 green bananas | 1 cup of  
boiled smoked herring  
(shredded) | 4 cucumbers | ¼  
cup vinegar | 1 tsp. salt |  
1 tsp. sugar | ½ avocado  
(medium size) | 1 tsp. dill, 1  
tsp. onion (chopped) | 1 tsp.  
garlic (chopped) | ½ cup of  
cottage cheese | ½ tomato | ½  
canned pineapples | parsley  
(for garnish)



Prep Time: 40 minutes | Serves: 4

## Salt Fish & Green Banana Soup with Banana Chip

## Directions:

In a medium size pot, sautee cooked banana mash and chopped onions. When sizzling, add in local spices and mix.

Add in vegetable stock, carrot peel and herbs, and allow to simmer. Once the peel and herbs begin to soften, gradually add in flaked salt fish, and boil gently for 5 - 8 minutes.

Remove stock mixture from heat, and allow to cool slightly. Pour stock mixture into a blender, and combine with coconut milk. Blend until fully uniformed. Check taste of soup, and adjust if necessary.

**For garnish:** Finely blend 1/4 cup coconut oil and light herbs. Oil blend should form a light green colour. Pour 1 tbsp. of herb oil blend over soup for garnish. Drizzle soup with coconut milk and serve.

**Serve with banana or plantain chips.**

**Chef: Orlando**

*Orlando's Restaurant*



## Ingredients

3 green bananas (cooked) | 1 onion | chives & thyme (to taste) | 1/4 tsp. turmeric powder | blended local seasoning | 50g soaked & flaked salt fish | local spices | 1 L vegetable stock | carrot peel and herbs (of choice) | 1/2 cup coconut milk | 1 tsp. hot sauce (optional)



Prep Time: 1 hour : 30 minutes | Serves: 2

## *Green Banana Mash with Marinated Barracuda*

## Directions:

Marinate the barracuda in a vacuum sealed bag with mint, olive oil and half ripe banana slices. Place the vacuum bag in the fridge for one night.

In a medium size pot, add polenta and 1 ½ cups of water. Finely mash marinated banana slices from vacuumed seal bag. Add mash to the pot of polenta. Cook for 30 minutes to 1 hour, gradually adding more water when necessary.

Pan fry the marinated barracuda with olive oil until it is cooked just right. Paste the base of the plate with a desired amount of cooked banana polenta mash, then top with a slice of barracuda fillet.

**For Garnish (optional):** In an oven, dry ripe banana slices for 2hours at 53 degrees with icing sugar. Garnish dish with sweet banana chips & leafy greens.

## Chef: Pasquale & Michelle Amici



## Ingredients

½ lb barracuda fillet | 1 tbsp.  
salt | 1 tbsp. black pepper  
| ¼ cup mint | ½ cup olive oil |  
polenta (corn flour) | 3 half  
ripe bananas (medium size) |

**Garnish:** 1 ripe banana (sliced  
thin) | ½ cup icing sugar



Prep Time: 20 minutes | Serves: 4

## *Green Banana Gnocchi with Smoked Herring Sauce*



## Directions:

Peel and boil the green bananas in lightly salted water until tender. Place boiled green banana into a medium size bowl; then mash. Transfer half of the mashed banana into a larger bowl; stir in flour, whole milk, parmesan cheese, egg, salt and black pepper. Work mixture into a dough & divide into 6 equal pieces.

Roll each piece into an 18-inch long rope, sprinkling it with additional flour when needed to prevent sticking. Cut each rope into 3/4 inch bite-size pieces. Bring a large pot of salted water and olive oil to a boil. As the water begins to form bubbles, add in dough cuts gradually, working in 3 batches.

Cook the gnocchi until it is tender, stirring occasionally, about 4-6 minutes then drain well. In a sauce pan heat up the milk over medium heat until bubbles appear. Keep it warm. Melt butter in a separate sauce pan over medium-low heat. Add flour, onion, and garlic to butter, then stir for 2 minutes. Add in hot milk while constantly stirring until the sauce begins to boil and thicken. Add parmesan cheese, and smoked herring, then stirring until the cheese fully dissolves. Removed from fire and pour cheese sauce over gnocchi. **Serve hot.**

**Chef: Linguini**

*Caribbean Pirates*



## Ingredients

1 ½ cups all-purpose flour | m  
¼ cup whole milk | 4 medium  
size green banana | 1 large egg  
| ¾ cup parmesan cheese |  
olive oil | salt | black pepper |

### **Smoke Herring Cream Sauce:**

2 tbsp butter | ½ cup flour | 1  
cup milk | onion (to taste) |  
garlic (to taste) | ¼ cup smoke  
hearing (boiled, deboned &  
shredded) optional | ¼ cup  
parmesan cheese



Prep Time: 1 hour : 30 minutes | Serves: 2

## Healthy Raz Banana Broth with Fresh Herbs

## Directions:

In a medium size pan put 1 teaspoon of butter to melt on medium heat. Add in the chopped spring onions and fry until golden brown.

Pour in 1/2 cup of vegetable stock, and add in parsley and ginger. Allow it to cook for 20 minutes. Remove pan from fire and allow it to cool for about 3-5 minutes.

Pour seasoned vegetable stock into a grinder and grind it to form a smooth paste. Place the grinded paste into a medium size pot and add in the remaining vegetable stock and mash bananas. Allow it to simmer for 5 minutes.

Mix in coconut milk, turmeric, cumin powder and coriander spice and allow it to boil for an additional 20 - 30 minute. Stir constantly. Remove from heat and serve with a side of garlic bread.

**Chef: Dependra  
Razmataz**



## Ingredients

2 green bananas (boiled  
mashed) | ½ cup coconut milk |  
4 cups vegetable stock | ½  
tsp. turmeric powder | ½ tsp.  
cumin powder | fresh ginger  
root (chopped finely, to taste)  
| 1 tsp. coriander spice | ¼  
cup spring onion (chopped  
finely) | 1 tsp. butter | parsley  
(chopped, to taste) | salt (to  
taste)



Prep Time: 40 minutes | Serves: 2 - 3

## *Green Banana Porridge with Island Spice & Fresh Vegetables*

## Directions:

### **Making the banana base:**

In a blender, combine sliced bananas, carnation milk (or) heavy cream, ground nutmeg, clove powder and cinnamon powder then blend for 2-3 minutes or until the mixture appears smooth and fully uniformed.

### **Making the porridge:**

Once the mixture is well blended, pour it into a medium size pot. Place the pot over medium-low heat and stir in vanilla extract and sugar (or) honey. Add in bay leaf then mix. Let it cook for 15-20 minutes, being sure to stir constantly to avoid the porridge from sticking at the bottom of the pot. Once it has thickened and is done cooking, pour porridge into a small bowl and serve with a side of fresh vegetables or fruits.

**Chef: St. Brice**

*Flavours of the Grill*



### *Ingredients*

3 green bananas (sliced) | 1 cup water | 1 cup carnation milk (or) heavy cream | 1/3 cup sugar (or) honey | 1 tsp vanilla extract | 1 tsp fresh (or) ground nutmeg | ½ tsp clove powder | 1 tsp cinnamon powder | bay leaf (to taste) | mint (for garnish)



Prep Time: 45 minutes | Serves: 4

# Green Banana Tikki with Mango Chutney & Sweet Yoghurt

## Directions:

Boil the green bananas in salted water until tender. When cooked, mash them slightly to form a chunky consistency. Add the boiled green peas to the banana mash and mix. Add in all the dry spices (with the exception of the Chat Masala), along with the onions, chilies, ginger and garlic. Mix thoroughly.

Form the banana mixture into the shape of 2-inch discs then set aside. Dust the discs with dried besan then pan fry it in light oil on medium heat for a few minutes or until it turns crispy on both sides (ensuring that the discs stays crispy on the outside and soft on the inside.)

### Assemble:

Lightly crush the discs on the serving platter, topping it with boiled chickpeas. Drizzle it with all chutneys (one by one) and the sweet yoghurt. Top dish with crushed poppadums and chopped cilantro.

**Serve immediately!**

**Chef: Vikram**

*Spice of India*



## Ingredients

4 green bananas | 2 tsp of  
boiled green peas | red onion |  
garlic | cilantro | chopped  
garlic | 2-4 drops lime juice |  
cumin seeds | garam masala |  
chili powder | chopped green  
chilies | 1 small bowl gram flour  
(Besan) | 2 tsp of tamarind  
chutney | 1 tsp mint chutney |  
2 tsp mango chutney | 3 tsp  
sweet yogurt | 1 tsp crushed  
fried poppadum (crushed) | 1  
tsp chat masala | 1 tsp boiled  
chickpeas



Prep Time: 40 minutes | Serves: 4

## Banana Fritter Salad in Deep Fried Beer Batter



## Directions:

Heat up olive oil on medium hot at 180 C. Shift the flour and corn starch, into a mixing bowl. Add in salt, paprika and cold beer, then gently mix until well combined. Drop a teaspoon of batter into the hot oil to ensure that it is ready. If batter floats straight to the top, oil is set for cooking. Dip each banana slice in the batter, coating it well.

Gently drop dipped banana slices into oil. Repeat until half of the oil surface is occupied by the cooking fritters. Once the batter is golden, flip over to cook on the other side. Remove fritters from oil then placing them on a paper towel to absorb any excess oil. Set aside.

**Plating:** On a clean white plate, line the center with sliced lettuce from the being point to the end point. This will become the base of the salad. Place carrots & onions over the lettuces. Top the salad line with the remaining ingredients, repeating this pattern: 1 cucumber slice, 1 fritter, 1 banana chip, 1 tomato slice (then repeat) until toppings cover the entire vegetable base. Garnish with sliced bell peppers and serve with curry aioli sauce.

**Chef: Sonson**

*Doolittles Restaurant*



## Ingredients

1/3 cup romaine lettuce (thin slice) | 1/3 cup cucumber slices (round) | ¼ cup carrots (julienned) | ¼ cup bell peppers (sliced) | ¼ cup onions (sliced) | 1 tomatoes (sliced) | plantain chips

**Batter:** ½ cup piton beer | 4 ripe bananas (sliced) | 1 cup flour | ¼ cup corn starch | salt | paprika | curry aioli sauce



Prep Time: 3 hours | Serves: 2

# Banana Chutney with Fresh Cassava Chips

## Directions:

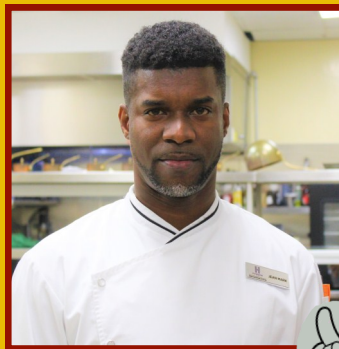
Add the ripe bananas to a large pan and set on low heat. Add in the vinegar until there is a 50/50 ratio (of vinegar to bananas) in the pan. As it begins to simmer, add in the spices and stir gently. Let the mixture simmer in the pan for 2 hours, ensuring that you stirring regularly until it thickens. Let cool, and set aside.

Slice off about 1/2 an inch from each end of the cassava root. Peel the brown bark from the root. Use a vegetable slicer and slice the root into thin rounds.

Place the slices to soak in ice water, and allow them to sit for 45 minutes. Remove rounds from water and dry on a paper towel. Fry them in hot oil at 370 F until lightly brown and crispy. Drain out the excess oil from the chips and sprinkle with light salt and cayenne pepper; then serve.

**Chef: Jean Mark**

*The Harbor Club*



## Ingredients

- 2 over ripe banana
- 2oz pickling vinegar
- ½ tsp cinnamon
- ½ tsp nutmeg
- ½ tsp cardamom spice
- 2 cassava roots (fresh)
- 1 quart water (ice cold)
- Salt (to taste)



## Banana Asian Dumplings (Bonus Recipe)

### Ingredients

1 (16oz) packaged frozen Asian dumplings | 2 cups water | 1/4 cup mash ripe banana | 1/2 cup canola oil (for frying) | 1 clove garlic minced | 1/4 cup soy sauce water | 2 tbsp. rice vinegar | 2 tbsp. green onions, sliced diagonally | 2 tsp sesame oil | 1 tsp granulate sugar

### Directions:

In a large covered skillet set to medium high heat 2 cups of water. Bring water to a boil; reduce heat to a low simmer. Add dumplings, cover and simmer for 3-5 minutes, until they softened and steamed through. Remove dumplings and place on a paper towel-lined plate.

Pour out the water and wipe the skillet clean. Add 1/2 cup of oil and set to medium high heat. Add in dumplings to hot skillet and fry on each side for 3-5 minutes each until golden and crispy. Remove to a serving plate.

Combine garlic, soy sauce, mashed ripe banana, water, rice wine vinegar, green onions, sesame oil, granulate sugar and grated ginger in a medium bowl; stir well then serve

Serve with hot dumplings.

● **Inspire By: Comfort of Cooking**  
[www.thecomfortofcooking.com](http://www.thecomfortofcooking.com)



*Main Course*



Prep Time: 1 hours | Serves: 2

## Fresh Green Banana Beef & Fish Tacos

## Directions:

**For Beef Taco:** Season flank steak beef with salt and black pepper and grill until cooked on both sides for about 5 minutes. Set aside.

**For Fish Taco:** Season fish with salt and garlic then grill until evenly cooked. Wash and peel the green bananas, then slice it in half. Place 4 slices of banana on a chopping and mash then flatten to form the taco shell. Clean around edge to shape it into a circle. Repeat this for the remaining 4 slices of bananas. In a fry pan pre-heat oil, then fry taco shells until golden brown. Remove from oil then place on a dry paper towel.

In a large bowl, combine avocado, lime juice, onions, cilantro, tomatoes, salt and black pepper slowly stirring, turning the bowl as you run a fork through the mixture to mix the guacamole. On the first shell, spread 2 tbsp. of guacamole towards the center, then take the second taco shell and spread 2 tbsp. of tartar sauce also towards the center of that shell.

Slice the beef and place 4 slices on top of the guacamole covered taco shell. Place 1 chunky piece of grilled fish on the top of the tartar sauce covered taco shell. Garnish the beef taco with chopped onions and cilantro, and the fish taco with carrot, cucumber and cilantro.

## Executive Chef: Beiker La Mesa



## Ingredients

**Beef:** 4 green bananas (or) 2 green plantain | 50 gr. flank steak | 1 oz olive oil | salt | black pepper (to taste) |

**Fish:** 50 gr. mahi mahi | 20 gr. carrot & cucumber (julienne) | salt | 2 tbsp. tartar sauce | black pepper | **Guacamole:** 1 large avocado | 2 oz lime juice | 30 gr. onions | 20 gr. cilantro | 50 gr. tomatoes | salt & black pepper (to taste)



Prep Time: 1 hours | Serves: 2 - 3

## Lucian Banana Seafood Laska with Fresh Herbs



## Directions:

Place the fish stock and water in a medium saucepan over high heat. Chop up the fish fillet in cubes and add it to the stock. Bring to a simmer, then reduce to a medium heat. Cook for 25 minutes or until fish flesh is tender and the liquid has reduce by about 1/3. Remove fish from stock and place in a clean bowl.

Add in cooked mash banana to stock and stir thoroughly. Pour in coconut milk and allow it to simmer for an additional 2 minutes or until the broth thickens. Set broth aside. Heat vegetable oil in a large saucepan over medium low heat. Add in the garlic and ginger, then sauté for about 20 seconds. Add in the lemongrass, turmeric and onions stirring for about 1 minute, then add in the fish stock. Place lid to cover the pan and allow it to m simmer for about 10 minutes.

Adjust taste with lemon juice and salt if necessary. In a separate frying pan, heat up the butter, slightly tilting the pan as the butter melts and begins to sizzle. Add the shrimps to the hot pan, season with salt and black pepper then sauté until the shrimp appears pink and opaque. Remove from heat. Prepare your rice noodles following the packet directions. When cooked divide noodles into 2 bowls. Pour the broth over the noodles and top with cook fish, shrimp, and micro greens. **Serve immediately.**

**Chef: Ricardo**

*The Harbor Club*



## Ingredients

2 cups fish stock | 1 cup water | 1 lb of fish fillet | 1 ½ tbsp. oil | 1 tbsp. butter | 1 lemongrass (grated) | ½ tbsp. turmeric | ¼ cup lemon juice | 1 tsp. ginger powder | 1 tbsp. garlic (chopped) | 1 tbsp. onions (chopped) | 2 cups coconut milk | 8 oz rice noodles (thai pad) | 2 cups green banana mash | 1 cup shrimps (thawed) | Salt & black pepper (to taste) | Macro green (for garnish)



Prep Time: 1 hours | Serves: 2 - 3

## *Green Banana Kofta Masala with Naan Bread*

## Directions:

Boil the green bananas in lightly salted water, then mash it until its chunky in consistency. Add chopped ginger, onions, cilantro, garam masala, salt, cayenne pepper, chopped cashew nuts, raisins ground cumin and corn starch to the banana mash. Form mash into small balls, then fry them lightly, until they are golden brown.

### Gravy or sauce:

Prepare the gravy by sautéing ginger garlic paste in light butter. Add cumin seeds, bay leaf, cloves, cardamom, cinnamon stick, mace then sauté. Add boiled onion paste and cook on slow flame until cooked. Add cashew nut paste to the cooked onion mixture then cook another 10 minutes. Add ground spices to the pot, and cook on low heat until the spices cook producing a soothing aroma.

Add cream and fried green banana balls to the pot then cook few more minutes. Turn off the heat and place the balls in a shallow dish and pour sauce over them. Garnish with some heavy cream, fried cashew nuts, chopped cilantro, shredded ginger and fried green banana chips. **Serve hot** with Basmati Rice or Naan bread.

**Chef: Vikram**

*Spice of India*



## Ingredients

Green bananas | ginger garlic paste | cinnamon | mace blade | green cardamom | cumin seeds | whole bayleaf | turmeric | boiled onion paste | garam masala | ground cumin | ground coriander seeds | salt | raw cashew nuts-soaked and ground to a paste | fried cashewnut pieces | cornstarch | oil for frying | butter | heavy cream | chopped cilantro red chilli powder | **Note: The specific measurements for ingredients varies upon preparation style.**



Prep Time: 45 minutes | Serves: 2

## *Sautéed Green Banana with Irish Cubed Potato & Veg*

## Directions:

In a small pot, peel and boil the green fig in lightly salted water until cooked. Remove green bananas from water and cut them into medium 1/3 pieces. Peel irish potatoes then slice it in cubes about 1 cm thick. Place the potato cubes in a deep fryer and fry them until you achieve a light golden brown colour on all sides.

**Homemade bbq sauce:** In a sauce pan pour in your bbq sauce, sugar, vinegar, salt, black pepper and garlic then stir lightly until sauce appears to be uniformed. Allow it to simmer for about 1 minute, then remove from heat and set aside. Wash and cut up the carrot, cauliflower and peppers into medium size cubes.

In a nonstick pan sauté the vegetables cubes in light butter until lightly charred. Season the vegetables with a sprinkle of salt and black pepper. On a clean white plate, place the cooked green banana to the center of the plate. Add the deep fried potato cubes and sautéed vegetables over the cooked bananas. Pour 2-3 tbsp. of home-made bbq sauce on top and garnish with cucumber, red bell pepper and red onions.

**Chef: Sonson**

*Doolittles Restaurant*



## Ingredients

2 green fig | 1 irish potato |  
1 white onion | 1 cup bbq  
sauce | 1 tbsp sugar | 1 tbsp  
vinegar | ½ carrot | ½ yellow  
bell pepper | pinch of salt |  
¼ cup cauliflower | ¼ cup  
cucumber (julienned) | ¼ cup  
red bell peppers (julienned) |  
¼ cup red onions (julienned) |  
1 tbsp butter



Prep Time: 40 minutes | Serves: 2

## *Creamy Banana Gnocchi with Crispy Bacon*

## Directions:

Wash and peel potatoes, then cook in a large pot with sufficient water for 30 minutes. After they are cooked, drain and set aside. Add flour to a clean surface, then create a bowl shape by creating a whole in the middle of the flour. Add one whole egg into the bowl of flour then whisk until the flour is incorporated into the egg, then add the room temperature water and mix to form a dough.

Knead the dough with your hands for five minutes into a ball and let it rest for 15-20 minutes. Cut dough into small dumpling size pieces then add it to hot water and boil for 10 mins. Cut banana into circular pieces and place it in flour, shake off the excess flour and fry banana for 1 minute on each side. Remove from oil and allow the excess oil to drain out on a clean paper towel. Take 8 strips of bacon and place them into hot oil and fry until golden and crispy.

Crush bacon into tiny bits and set aside. Pour of cooking cream into a sauce pan and slowly bring it to a boil and stir occasionally then reducing the heat. Add in cheese and stir until the cheese melts completely and the paste is smooth. Put gnocchi into the cheese sauce and add black pepper to the mixture. Plate the cheesy gnocchi on a clean plate and garnish with the crushed crispy bacon, fried banana chips and celery.

**Executive Chef: Luca De Simone | Elena's**



## Ingredients

1 lb irish potatoes | 6 oz  
all-purpose flour | 1 egg  
(medium size) | 3 oz of room  
temperature water | salt (to  
taste) | black pepper (to taste)

### **Cheese Sauce & Toppings:**

150 ml cooking cream | 60  
grams Italian / parmesan  
cheese | extra virgin olive oil |  
one ripe banana | 8 bacon  
strips



Prep Time: 2 hours | Serves: 4

## *Crispy Banana Stuffed Snapper Pocket with Banana Pie*



## Directions:

Place your fish fillets on a clean surface. Brush each fish fillets lightly with vegetable oil and season with ginger, salt and pepper. Place both fish fillet in the center of 2 separate banana leaves. Garnish both fillets with onions, peppers, thyme, rosemary, parsley and celery.

**Banana leaf wrapping:** Take the first fillet with the banana leaf, hold the 2 ends of the bananas leaf on the right and left side of the fish and bend both sides over the fillet to cover it. After you are done hold the top and bottom ends of the leaf, and bend it inwards toward the center. Using kitchen twine, tie the packet closed. Repeat with the remaining fillet. Arrange the banana leaf packets on the grill over direct heat and grill for 5 minutes, then flip on the other side. Insert a paring knife into the fish. If the knife comes out without any resistance, then it is cooked.

**Banana pie:** In a sauce pan, add in butter, onions, chives and seasoning pepper. Cook until light browned. Pour the milk and cheese (reserves ¼ cup for topping), and stir until the mixture thickens and the cheese dissolves. In a medium size bowl add the mashed green and ripe banana. Pour in the cheese sauce and mixture thoroughly. Preheat the oven at 375 degrees F. Take a 6 cup holder muffin baking pan, and butter 4 of the cups. Place 3 scoops of the mash banana mix in each buttered cup. Sprinkle cheese over each and bake for 20 - 30 minutes. Serve as a sider.

**Chef: Curtis**

*Creole Grill*



## Ingredients

¼ cup onions | ¼ cup pepper | ¼ cup thyme | ¼ cup rosemary | ¼ cup parsley | 1 tsp. crushed ginger | 2 red snapper fillets | 2 banana leaves | salt and pepper | 3 slices Lime | 1 tsp. crushed banana chips | ¼ cup celery

**Banana Pie:** 1 cup mashed boiled green banana | 1 cup mashed ripe banana | 1 tbsp. butter | 2 tbsp. onions (chopped) | 2 tbsp. chives (chopped) | 1 tbsp. seasoning pepper | 1 ½ cup cheddar cheese (grated) | ¾ cup milk



Prep Time: 1 hours | Serves: 4 - 6

## Island Green Banana Seafood Lasagna with fresh herbs

## Directions:

Heat up some olive oil in large skillet set over medium-heat. Dice up shrimp meat finely. Pour dices shrimp and boiled smoke herring into the skillet with garlic, salt and pepper then cook for about 5 minutes, or until just cooked. Drain off and discard of any excess liquid in skillet. Stir basil into seafood and set aside. Preheat oven to 400° F (200°C). Place roasted red peppers and tomato sauce in a food processor; then pulse until almost smooth.

Pour ½ cup of the pepper-mixture into bottom of greased 13 x 9-inch baking dish. Arrange 3 lasagna noodles over the tomato mixture in the baking. On top, spread 1 cup of the pepper-mixture, half the seafood mixture and ½ cup of shredded cheese. Repeat layers once more. Finish off by topping with the remaining tomato sauce mixture and shredded cheese. Cover baking dish with foil.

Place dish into the oven and bake for 30 minutes. Remove foil and bake for an additional 25 to 30 minutes or until the noodles are tender and the top is golden brown with light bubbles. Rest for 10 minutes before slicing, then serve with roasted carrots.

**Chef: Elcock**

*Caribbean Pirates*



## Ingredients

2 tbsp. olive oil | 2 lb shrimps  
| ½ lb smoke herring (boiled & deboned) | 1 cup basil | 3 cloves garlic (minced) | 2 cups red bell peppers (roasted) | 9 lasagna noodles (full length) | 1 jar tomato cause (680ml) | 2 cups green bananas | 2 cups cheddar cheese (grated) | 1 tbsp. onions | 1 tbsp. garlic | 2 tbsp. soy sauce | ½ carrot | salt & black pepper (to taste)



Prep Time: 2 hours | Serves: 2 - 3

## *Caribbean Jerk Pork Stuffed with Ripe Banana Filling*

# Directions:

**Preheat oven to 450°F.** On a cutting board, place the pork loin roast on the fatty side. Using a sharp knife, make a long cut from the thinner long side of the pork at about a 45° degree angle. Stop about 1/2 inch away from the bottom of the roast. Make another parallel shallow cut along the same line. Keep cutting until the roast rolls out completely. Cover the unfolded pork roast with 2 layers of plastic wrap. Pound the meat with a mallet to flatten. Remove the plastic wrap and season with jerk seasoning. Set aside in a chiller.

**Make the filling:** In a sauce pan pour 1 tbsp. of oil and sweet onion garlic. Allow it to simmer then add in the sausage. Pour in bread crumbs. Once the bread crumbs begin to warm, add in the egg to bind the mixture. Spread the filling over the surface of the pork, leaving about an inch around all sides except for the fat layer side. Peel the ripe banana cutting off the ends. Place the banana on the pork lion then being to roll up the pork starting from the end of the roast. Ensure that the banana is rolled in first. Tie the roast in 1 to 2 inch intervals with a cotton kitchen string. Coat the bottom of the roasting pan with light oil. Place the roast in the pan and cook at 450°F for 15 minutes or until the top turns light brown, after reduce heat to about 325°F.

Cook the pork uncovered, for about 30 to 40 minutes, or until the pork reaches an internal temperature of 140°F. **Cool, then serve.**

## Executive Chef: St. Brice *Mystique Royal*



### Ingredients

1 kg/2lb2oz Boneless Pork Loin | 2 ripe bananas | 8oz pork sausage, casing removed | 1/2 cup chicken stock | 1 medium onion | 1/4 cup fine bread crumbs | 1 egg | 2-4 garlic clove, fine chop | Oil (for sealing) | Jamaican jerk seasoning | Salt and pepper

**Note:** Serve pork with green banana risotto & full length freshly fried banana chips.



Prep Time: 45 minutes | Serves: 2

## *Beef Ramen with Deep Fried Banana & Fresh Vegetables*

## Directions:

Heat oil in a large pot over high heat and season the bones with salt and pepper. Add bones and onions to the pot and sauté for about 15-20 minutes or until the content becomes deep brown. Pour in 3 quarts of water to the pot and allow it to boil.

As the water begins to bubble, add in the star anis, salt, soy sauce, beef cubes, onion, garlic and sesame oil, then reduce the heat (medium – low), allowing it to boil for 1 hour or until the broth reduces by a 1/3. Pour the hot broth into a strainer, discarding the bones and other particles. Place the cooked noodles into 2 bowls equally. Place the cooked beef lion on the left side of the noodles.

Place the fried banana tempura on the right side, then top with corn, carrot, cabbage and egg. Pour the hot broth over the beef then top with lettuce then **serve immediately**.

## Chef: Charlie Sakuragi



## Ingredients

4oz beef lion (cooked) | 2lbs  
beef bones (neck) | 6 oz lo  
mein noodles (cooked) | 1 egg  
(boiled) | 8 pieces of banana  
tempura | 1/2 cup cabbage |  
1/2 cup carrots (julienned) | 1/2  
cup scallions | lettuce | corn |  
toasted garlic (to taste) |  
onions (to taste) | **Beef broth:**  
1 piece of star anis | 1/2 tbsp.  
salt | 1 tbsp. soy sauce | 1  
packet of beef cubes | 1  
tbsp. sesame oil



Prep Time: 1 hour | Serves: 4

# *Salt fish Banana au Gratin Pepper Cup with Fresh Salad*



## Directions:

Preheat the oven at 350 degrees f. Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops. Set aside. Scoop out the seeds from the pepper cups. Try not to damage the pepper cup membranes as much as possible. Place the peppers cut-side up in a baking dish just large enough to hold them upright.

In a medium size bowl, add in the mash banana, diced bell pepper tops, 1/4 cup of onions (reserve remaining for cheese sauce) and salt fish. Mix thoroughly and set aside. In a sauce pan, pour in the coconut milk, onion, garlic, salt and black pepper then allow it to simmer. Add in 1 cup of cheese (reserve the rest for garnish) and stir constantly until the cheese sauce appears thick and uniformed. Pour sauce into banana mash.

Mix thoroughly. Fill the peppers with the mixture and top each one with a sprinkle of the remaining cheese and bread crumbs. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes. **Serve with fresh salad.**

**Chef: Curtis**

*Creole Grill*



## Ingredients

3 green bananas (boiled, mash) | 6 bell peppers | ½ cup onions (finely chopped) | ¼ cup bread crumbs | ¼ cup salt fish (boiled, deboned) | 1 ¼ cup cheese | ¾ cup coconut milk | dry seasoning (to taste) | olive oil salt and pepper (to taste)



Prep Time: 45 minutes | Serves: 2

## *Banana Katsu Maki Sushi Roll Kebab with Japanese Mayo*

## Directions:

In a medium size bowl, pour in the rice and rinse, discarding the water immediately. Use your fingers to wash the rice by moving them in a circular motion. Pour in an additional cup of water and let the rice soak for 30 minutes. Drain completely. Place rice in a rice cooker and pour in 3 cups of water. Bowl with 2 tbsp. of rice wine vinegar. When the rice is cooked allow it to sit for 1 minute. Lay your nori sheet on the mat. Dip your hands in the rice vinegar, then pat handfuls of rice on the top in a 1cm thick layer.

Spread some Japanese mayo over the rice. Lay down your seared tuna, crab stick, avocado, banana, and cream cheese. Lift the edge of the mat over the rice, applying a little bit of pressure to keep everything in a tight roll. Remove the mat and roll tightly in clear wrap, then unravel and set aside.

**Batter for sushi:** In a small bowl mix together flour and water into a light batter. Dip the sushi roll in the batter and deep fry it until it turns light brown. Remove from fryer and slice the sushi roll into 6 individual pieces. Using 2 skewers, push 3 sushi rolls on each stick ensuring that the rolls remain standing upright. Place 1 banana fritter on each sushi roll and top it with a drop on Japanese mayo and serve with preferred garnish.

**Executive Chef: Sandy  
Castillo | Rituals Sushi**



## Ingredients

**Rice Preparation:** 4 cups of water | 2 cups Japanese short grain rice

**Sushi Preparation:** ½ nori sheet | 2oz seared tuna | 1 piece crab stick | 1.5oz avocado | 1 ripe banana | 0.6oz cream cheese | 1 cup flour | 1 ½ cup water | 3oz Japanese stick rice | ½ oz red pepper (sliced) | 1 oz Japanese mayo | 100ml rice wine vinegar | 6 deep fried bananas



Prep Time: 40 minutes | Serves: 2

## *Raz Banana Sauce with Mahi Mahi & Tomato Mushrooms*

## Directions:

Allow the fish to defrost, then season with garlic, cubin powder, salt and black pepper and set aside. In a medium size pan, sauté the mushrooms with light butter, black pepper, and ketchup for about 2-3 minutes. Remove from heat and set aside. Set a pot of water to boil. Cut the ends off the bananas, then make a cut lengthwise from the top to bottom slightly. Put the bananas in the pot of water and season with light salt, oil and lemon wedge.

Once the bananas are tender, remove from the pot and peel off the remaining skin. Crush and place the cooked bananas in a blender, then add in ginger, heavy cream, cilantro, coriander, tomato sauce and shredded coconut. Blend until ingredients form a thick and uniformed puree.

In a nonstick frying pan, pour in the oil to cover the base of the pan. Lightly fry the seasoned fish on both sides until cooked. Place one cooked fish fillet on a white plate. Pour 3 tbsp. of banana puree over the fish. Place 2 tbsp. of sautéed mushrooms on the side and serve.

## Executive Chef: Dependra Razmataz



## Ingredients:

2 green banana fingers | 1  
tbsp butter | ¼ tsp salt | 1  
cup stredded coconut | 1 tbsp  
ginger | 1 tbsp garlic | 1 tbsp  
cubin powder | ½ cup heavy  
cream | ½ lb mahi mahi fillet  
| ¼ lb mushroom (sautéed) |  
½ cup tomato sauce | ½ tsp  
coriander | cilantro (to taste)  
| 1 lemon wedge | salt & black  
pepper (to taste) | Oil



**Prep Time: 40 minutes | Serves: 4**

# **Derek Walcott Fish Cake with Blue Marlin & Plantain Salsa**

## Directions:

Peel and boil the green bananas with light salt for 5 minutes or until tender. Drain, the bananas and mash uniformly. Add in strained soaked salt fish, onions and other seasonings, then mix.

Use your hands to form the banana mash into four molds incorporating cornmeal, then set a side. Preheat a frying pan with light oil, then fry each mold on both sides for 1 minute each. Place fried banana cakes in the oven, and bake for 3-4 minutes.

Lightly season the fish fillet with salt, black and home made local seasonings, and grill on both sides until cooked. Arrange fish cake to the base of the plate, then top with grilled fish & salsa.

Garnish dish with spicy micro greens and serve.

**Note from chef:** The creation of this dish was inspired by the late Derek Walcott.

**Chef: Orlando**

*Orlando's Restaurant*



## Ingredients

3 green bananas | 1 cup of soaked salt fish | finely chopped onion | 1 tsp. garlic (chopped) | blended local seasoning to (taste) | thyme | local fish (fillet) | 1 tablespoon cornmeal | assorted micro greens (for garnish)

Salsa: 1/2 ripe plantain | 1/4 chopped red onion | 2 seasoning peppers, ginger (to taste) | hot sauce | 1 tsp. balsamic vinegar



## Tasty Banana Bread (Bonus Recipe)

### Ingredients

1/2 cup melted butter | 1 3/4 cups all purpose flour | 1 cup toasted pecans (chopped) | 1/2 cup granulated sugar | 1 tsp baking soda | 1 tsp ground cinnamon | salt (to taste) | 1/4 tsp grated nutmeg | 2 large eggs (lightly beaten) | 1/4 cup buttermilk sour cream yoghurt, 1/2 cup light brown sugar, 1 tsp pure vanilla extract | 4 soft, very ripe, dark spotted bananas (mashed)

### Directions:

Preheat the oven to 350 degrees F. Lightly butter one 9 by 5 inch loaf pan. Whisk together the flour, pecans, granulated sugar, baking soda, cinnamon, 1/2 tsp salt and nutmeg in a large bowl. Whisk together the eggs, melted butter, buttermilk, brown sugar and vanilla in a medium bowl.

Fold the banana mixture into the flour mixture until just combined (it is ok if there are some lumps). Pour the batter into the buttered pan and lightly tap the pan on the counter to evenly distributed the batter. Bake until browned and a

● **Source: Food Network**

[www.foodnetwork.com](http://www.foodnetwork.com)





*Dessert*



Prep Time: 30 minutes | Serves: 1 - 2

# *Crispy Banana Pizza with Nutella & Fresh Mint*

## Directions:

Preheat your oven to 400°F (200°C). In a mixing bowl, combine the flour, baking powder, and salt. Whisk the flour mixture until thoroughly combined and set aside. Combine the water and oil in a separate jug or cup. Slowly add the water mixture to the flour mixture, holding back a little in case you don't need it all.

Using a wooden spoon, or your hands, mix until the dough feels soft and fluffy, but not sticky. Add a splash more of water if the dough is too dry. Lightly flour your work area and a rolling pin, then roll the dough into a 12-inch circle using your hands (to make 2 smaller pizzas, divide the dough into 2).

Deep fry the pizza dough for 3-4 minutes at 750 degrees until the dough turns golden brown. Place the fried dough on a clean paper towel to drain out any excess oil. Mix together ricotta and icing sugar thoroughly. Place 6 blobs of ricotta mixture evenly on top of the fried dough. Place 2 banana slices on each blob, and drizzle nutella generously on top. Garnish with fresh mint leaves and **serve immediately**.

**Chef: Paolo**

*Amici*



## Ingredients

200g pizza dough | 2 ½ cups flour | 3 tsp. baking powder | 1 tsp. salt | ¼ cup water | 1 tbsp. olive oil | 15g icing sugar | ½ ripe banana | 100g nutella | Mint (to taste) | Ricotta (sweeten, to taste)

**Note:** Pizza can also be garnished with cherries.



Prep Time: 5 hours : 30 minutes | Serves: 6

## *Banana & Coconut Soft Jelly Pie with Passion Fruit Drizzle*

## Directions:

In a large bowl, place the cold coconut water. Mix  $\frac{1}{4}$  cup of the sugar and gelatin together and sprinkle them over the surface of the cold water. Let sit for a few minutes until it blooms. Pour the coconut jelly and mashed banana into a blender and blend until they combine thoroughly. In a separate medium bowl beat the cream cheese with a rubber spatula until it is soft and smooth.

Add the cream cheese to the banana coconut mixture along with the sugar and a pinch of sea salt, then fold until uniform. Add cheese mixture to the gelatin water and mix thoroughly. Set mixture aside for 2 to 4 minutes.

Pour the cream cheese gelatin mixture into the pie crust, spreading it evenly to smooth the top. Refrigerate for at least 5 hours or preferably overnight until firm and chilled. Place 1 slice of the pie on a clean plate. Serve with 1 scoop of peanut ice-cream, freshly sliced ponmdamou and passion fruit drizzle.

**Note:** Pie can also be served with fresh unsalted peanuts or cashew nuts

## Executive Chef: Robby Caribbean Pirates



## Ingredients

**Crust:** 9 inch IGA regular pie crust | **Filling:** 1 cup fresh coconut jelly |  $\frac{1}{4}$  cup coconut water (cold) |  $\frac{1}{2}$  cup ripe bananas (mashed) | 2 tbsp. sugar | 3 tbsp. gelatin | 4 oz cream cheese | pinch of salt |

**Topping:** peanut ice cream |  $\frac{1}{2}$  passion fruit



Prep Time: 5 hours : 2 hours | Batch: 6 - 8

## *Salted Caramel Banana Layer Cake with Fresh Mint*

## Directions:

**Caramel Layer:** In a medium size sauce pan bring sugar and water to a boil, allowing it the content to caramelize. Add the heavy cream and stir until it is completely incorporated. Sprinkle with salt and stir. Remove from heat and allow it to cool for about 3-5 minutes. When cooled, add in the gelatin and set aside.

**Banana Cake:** In a separate bowl, whisk together eggs, vanilla, mashed bananas and sugar until light and frothy. Once mixed, slowly add in oil, sugar, flour, salt, baking powder, vanilla, cinnamon powder and nutmeg. Mix for about 20 minutes by hand or 10 minutes in a mixer on medium speed. Pour batter into 8 inch baking dish and bake at 300 degrees f. Cream the cheese and sugar until smooth and creamy.

**Banana compote:** In a sauce pan, add the sugar, butter and rum to melt on low heat. Once dissolved, add in sliced bananas and mix for about 5 minutes. Remove from heat. Slice the banana cake into 3 equal parts. Place the first layer through a cooking ring then spread a layer of cream cheese frosting. Place second layer on top with a thin layer of frosting and the banana compote. Place your third layer of cake on top of the frosting and spread you final layer of cream on top. Pour caramel over the cake then place it in the refrigerator to set. Serve in 1 hour.

## Chef: Trudy Poleon Sandals Grande



## Ingredients

**Caramel Layer:** 1 lb sugar |  
300ml heavy cream | 200ml  
water | 1 tbsp gelatin | **Banana**

**Cake Layer:** 5 ripe bananas  
(mashed) | 1 cup sugar | 2 cups  
flour | 3 eggs | ½ cup oil | 1 tsp.  
salt | 1 tsp. baking powder | 1  
tsp. vanilla | ¼ tsp. cinnamon  
powder | ¼ tsp. nutmeg | **Cream**

**Cheese Frosting:** 1 lb cream  
cheese | 3 oz sugar | **Banana**

**Compote:** 3 ripe bananas | 2  
tbsp. sugar | 1 tsp dark rum | 1  
tbsp. butter



Prep Time: 5 hours : 30 minutes | Serves: 2

## *Creamy Banana Pudding Pot with Fresh Whipped Cream*



## Directions:

Separate eggs, placing the whites in the bowl of a stand mixer and the yolks into a saucepan. Add sugar, salt, and 1/3 cup plus 1 tablespoon flour to the yolks. Splash in about 1/4 of the milk and start blending mixture with a whisk. Pour in remaining milk and whisk until smooth. Cook and stir mixture over medium heat until hot to the touch, occasionally dipping your finger in to test.

Whisk constantly until custard is thick enough to form ribbons. Remove custard from heat and add vanilla extract, banana liqueur, and cold butter. Whisk until butter dissolves. Set custard aside. Preheat the oven to 400 degrees F (200 degrees C). Toss banana slices with lemon juice. Spread a quarter of the custard over the bottom of a baking dish. Cover with 1/2 of the bananas and spread 1/2 of the remaining custard on top. Top with the remaining bananas.

Smooth the top and tap dish against the counter to settle the pudding. Add cream of tartar to the egg whites. Beat using the whisk attachment until foamy. Add sugar and beat until stiff, but not dry, peaks form. Spread meringue over the pudding using a soft spatula top with banana slice. Bake in the preheated oven until meringue is nicely browned, 7 to 10 minutes. Serve warm or chilled.

**Chef: Davis**

*Capella*



## Ingredients

2 large eggs | 1/4 cup white sugar | Pinch of salt | 1/4 cup all purpose flour | 1 cup milk | 1/2 tsp vanilla extract | 1 tbps. banana liqueur | 1 tbps. cold butter

**For Pudding:** 2 over ripe bananas (sliced) | 1/2 tsp lemon juice



Prep Time: 45 minutes | Batch: 6

## Sour Dough Banana & Chocolate Chip Muffin

## Directions:

In a medium size bowl mix together the plant milk, sour dough starter, banana mash and coconut oil thoroughly. In a separate bowl, combine the white flour, wheat flour, baking soda, salt and sugar.

Pour the wet mixture into the flour mixture and stir until the batter appears smooth & uniformed.

Pour in the chocolate chip and fold until the chips are evenly distributed thorough out the batter.

Pour the batter evenly into a 6 cup, lightly oiled muffin tin and bake for 10 minutes at 400 degrees F.

Reduce the heat to 350 degrees F and bake until the muffin is fully cooked. To determine if the muffins are cooked, place a tooth pick directly in the center of the muffin and remove it. If the tooth pick comes out clean, remove the muffins from the oven and allow to cool. **Serve warm.**

**Baker: Dario**

*It's Alive*



## Ingredients

88g White Flour | 88g whole wheat flour | 62g plant milk | 154g sourdough starter | 4g salt | 105g mash ripe banana | 68g brown sugar | 79g dark chocolate chips | 4g baking soda | 35g refined coconut oil



Prep Time: 25 minutes | Serves: 2

## *Banana Pumpkin Fritters with Rum & Raisin Ice Cream*

## Directions:

Fill the bottom of a cast iron pot with oil and place it on medium heat until it reaches 375 degrees f. In a large bowl, mix the bananas, pumpkin, egg yolk water and vanilla extract until combined.

Set aside. In a separate bowl, pour the flour, cornstarch, coconut, sugar, baking powder and salt. Pour in the mash banana mix and stir until it becomes thick. If mixture appears to be too thick, add in some addition water by the spoonful.

Using an ice cream scoop, pour the batter carefully into the hot oil forming individual fritters. Fry 4 -5 dollops of batter at a time. Ensure that the fritters are golden brown before removing it from the oil. Place fritters on a paper liner to cool for about 5 to 10 minutes.

Generously sprinkle the fritters with some powdered sugar and serve warm with toasted almonds and rum & raisin ice cream.

## Executive Chef: St. Brice *Mystique Royal*



## Ingredients

1/2 cup all-purpose flour | Clean oil, for frying | 1 cup chopped, ripe bananas (approximately 2 medium) | 1/2 cup cornstarch | 1/4 cup pumpkin roasted and mashed | 1/4 cup sweetened shredded coconut (Optional) | 2 tablespoons sugar | 1/2 teaspoon baking powder | 1/8 teaspoon salt | 2 large egg yolks | 1/4 cup water/ milk | 1/4 teaspoon vanilla extract | Powdered sugar and toasted Sliced Almonds (for serving)



Prep Time: 40 minutes | Serves: 4

# Creole Banana Cheese Cake with Mango Carrot Puree

## Directions:

Preheat the oven to 350 degrees f. Mix together the digestive biscuits, white sugar and butter until thoroughly combined. Press the crumbs on the bottom of a medium size pie pan into a thick layer. Set the pie pan onto a baking sheet. Set aside.

Mix together cold cream cheese, ripe banana, eggs, granulated sugar and gelatin until smooth. Pour the filling into the crust and place the pie pan into oven. Bake for 15 to 20 minutes. Serve with carrot and mango puree, roasted almonds and fresh pineapple slices.

**Banana and mango puree:** In a sauce melt 1 tbsp. of butter, then add in the grated carrots and sauté lightly. Pour sautéed carrots into a blender with ¼ cup of full cream and blend until smooth. Repeat steps to make the mango puree using the remaining ingredients

**Chef: Leroy**

*Caribbean Pirates*



## Ingredients

1 ½ cups digestive biscuits (crushed) | ¼ cup white sugar  
| 5 tbsp. butter (melted) |  
Pinch of salt | **Filling:** 2 cups of ripe bananas (mashed) | 2 eggs | ¼ cup granulated sugar  
| 2 tbsp. gelatin | **Carrot puree (optional)** | 2 tbsp. butter | ½ carrot (grated) | ½ mango (sliced) | ½ cup full cream



**Prep Time: 1 hour : 30 minutes | Serves: 8**

# *Deep Fried Banana Ice-cream Ball with Banana Chip*



## Directions:

Place a tray in the freezer and chill until ready to use. Scoop out 8 balls of ice-cream and place on the chilled tray, then freeze for 1 day. Whisk eggs and milk together until well combined. Dip ice-cream scoops first into flour, then egg mixture and bread crumbs. Return to the tray and re-freeze for 1 hr. Repeat process 2 more times and freeze until you are ready to serve.

Heat oil to moderate 180°C and gently lower in ice-cream balls, frying until just browned. Remove with a slotted spoon and place on paper towel to drain. Serve immediately with chocolate syrup and banana chip if desired.

**Note:** Banana ice cream ball can also be made using vanilla ice cream & diced ripe banana.

**Chef: Ricardo**

*The Harbor Club*



## Ingredients

1 litre banana ice cream

2 eggs

¼ cup milk

¾ cup flour

3 cups breadcrumbs

Oil (for deep frying)



Prep Time: 40 minutes | Batch: 6

# Mini Banana Cakes with Golden Apple Sauce

## Directions:

Preheat the oven to 200 degrees C. Butter a muffin tray lightly and set aside. In a large bowl beat an egg lightly for about 2 minutes. Add in vegetable oil, milk and sugar and beat using a fork until just combined, then use a whisk and beat until you have a smooth batter.

In a separate bowl sift the flour and baking powder, then add in the water and mix until smooth. Crush the ripe banana, then add it to the flour mixture. Add in the beaten egg mix, diced golden apple and black current, then mix thoroughly until the batter appears smooth.

Fill up a 6 cup muffin tin; two thirds full and bake for 20 mins or until risen, firm to the touch and skewer inserted in the middle comes out clean. Remove from heat and allow the muffins to cool in the tin for a few minutes then transfer to a wire rack. Serve with fresh passion fruit and sorrel glaze.

**Chef: Linguini**

*Caribbean Pirates*



## Ingredients

1 ripe banana | ½ cup milk | ½ cup water | ½ cup flour | 1 egg | 2 tbsp. sugar | ½ golden apple (diced) | 2 tsp. black current | ¼ cup vegetable oil | ½ spoon baking powder |

**Sorrel & Passion fruit Glaze:** 1 cup sugar | ¼ cup vinegar



Prep Time: 20 minutes | Serves: 2

## *Loaded Banana Crepe with Cinnamon and Whipped Cream*

## Directions:

In a large bowl, mix together flour, milk, eggs, sugar and vanilla for 2 minutes until the batter appears to be smooth and uniformed. Melt the butter in a nonstick frying pan and shallow fry the crepe for about 1 minute on each side.

Place one crepe on a white plate. Slice 2 ripe bananas into thin circular slices. Lay the banana slices on top of the crepe evenly. Drizzle 1 tablespoon of caramel over the banana slices evenly. Sprinkle a dash of cocoa powder over the caramel covered bananas and on the excess white of the plate.

Top the layer of bananas with a blob of whipped cream at the center and serve.

**Note:** Cream can also be served with additional berries and a scoop of banana ice-cream

## Executive Chef: Beiker La Mesa



## Ingredients

2 ripe bananas | 3 oz caramel  
syrup | 1 sp. sugar | 1 egg | 6  
oz milk | 3 oz flour | 5 oz  
heavy whipping cream | 1 tsp.  
vanilla | 1 tsp. cocoa powder  
| 1 oz butter

**Note:** Crepe can also be  
topped or filled with cherries,  
berries and (or) icing sugar.



Prep Time: 1 hour | Batch: 8 - 10

# *Fresh Banana Scones with Creamy Banana Compote*

## Directions:

Preheat the oven to 200 degrees C. Line a baking tray with 1 sheet of baking paper. Rub together butter and flour thoroughly until the mixture resembles breadcrumbs, then stir in sugar and salt. Make a hole in the center of the mixture and stir in the milk until the mixture is even and the dough comes together. Place the dough on a flour surface then shape it into a rough square about 3-4cm thick.

Transfer the dough to the prepared baking sheet. Brush over the dough with milk and cut it into nice equal squares. Roll each square into round balls then bake for 15mins or until golden brown and cooked through. Serve warm with fresh banana compote.

**Banana Compote:** Peel the banana and cut them into fine slices. Place the water, rum, sugar and cinnamon in a small pan on medium heat. Add in the bananas allow it to boil and caramelize for about 30 mins. Allow it to cool and serve as a side garnish.

**Chef: Linguini**

*Caribbean Pirates*



## Ingredients

50g butter | 200g self-raising flour | 1 tbsp. caster sugar | ½ cup carnation milk | Pinch of salt | **Banana Compote:** 600 g ripe banana | 500ml water | 3 tsp. rum | 50g sugar | ¼ tsp cinnamon



**Prep Time: 20 minutes | Serves: 4**

## **Vieux Fort Coco-Sec Banana Christophene Tart**



## Directions:

Crack the dry coconut open in half. In a large bowl, peel and grate one side of the dry coconut and set aside. On a chopping board, peel and chop the christophene in your desired size.

In a medium pot, combine the grated coconut and christophene with all the remaining ingredients (except the ripe bananas), and allow to caramelize until all the ingredients appears soft and browned. Chop the ripe bananas in cubes and set aside.

When all the ingredients are caramelized, add in the banana for 2-3 minutes, or until combined. Serve coconut tart in a dry coconut husk as is or with a cup of banana or peanut ice-cream.

**Chef: Orlando**

*Orlando's Restaurant*



## Ingredients

1 dry coconut | 1/4  
christophene | 25 grams  
shredded coconut | 10 grams  
brown sugar | 1 pinch nutmeg  
and cinnamon | 1/4 tsp vanilla  
essence | 1 cup water | 2 ripe  
bananas



Prep Time: 20 minutes | Serves: 3

## Five Spice Banana Fritters with Banana Ice-cream

## Directions:

Place the flour, baking powder, cinnamon, nutmeg, ginger, bay leaf and clove in a medium size bowl and mix thoroughly. Make a well in the center of the flour mixture and add in the egg, 60ml water and banana essence and mix until the batter appears smooth and uniformed. Gradually beat in the remaining water.

Heat up some vegetable oil in a deep nonstick sauce pan. Peel the bananas and cut each piece into three horizontal slices. Dip each banana in the batter and gently lower it into the hot oil and fry on both sides until golden brown.

Remove from heat and dry on a paper towel. Place 1 scoop of frozen banana ice cream into a bowl with crushed banana chips. Roll the ice cream ball until it is fully covered with crushed chips, then deep fry immediately for 10 to 15 seconds.

Place 1 fritter on a solid white plate, drizzle it with honey and serve with deep fried banana ice cream (optional).

## Chef: Descartes Creole Grill



## Ingredients

3 ripe bananas | 100g flour | 1  
tbsp. honey | 1 tsp. baking  
powder | Ginger (to taste) | ¼  
tsp. cinnamon | ¼ tsp. nutmeg  
(grated) | Clove powder (to  
taste) | Bay leaf (crushed, to  
taste) | ½ tsp. banana essence  
| 120ml water | 1 egg |  
Vegetable oil | banana ice  
cream (rock hard) | banana  
chips (crushed)



**Prep Time: 15 minutes | Serves: 3**

## *Stuffed Banana Chocolate Glazed Crepe with Cherries*

## Directions:

Mix together flour, milk, egg, sugar and salt for 2 minutes until the batter appears to be smooth and uniformed. Melt the butter in a nonstick frying pan and shallow fry the crepe for about 1 minute on each side. Set aside.

Slice the ripe bananas into 3 thick circular cuts and set aside. In a sauce pan place 2 banana slices with  $\frac{1}{4}$  cup of water and  $\frac{1}{4}$  cup of sugar. Allow it to cook down until it forms a thick creamy paste.

Place chopped one piece of banana, put in the pan with water and sugar. Wait till the banana is cooked and becomes creamy. Deep fry one whole peeled ripe banana for 1 minute., then set aside

Place the fried banana at one end of the crepe then roll until the banana is fully covered. Spread the banana glaze on top of the stuffed banana crepe, and garnish the top with 4 whole cherries. Drizzle chocolate syrup over crepe and serve.

## Chef: Michael Sakuragi



## Ingredients

3 Ripe bananas (chopped) 4  
Whole cherries | 1 Egg | 1 cup  
of milk | 1 cup of flour | 1  
pinch of salt | 1 tsp. of sugar |  
1 tbsp. butter | Chocolate  
syrup (for garnish)



## Pink Banana Spilt Martini (Bonus Recipe)

### Ingredients

- 2 ounces of whipped cream vodka
- 1 ounce banana liqueur
- 1/2 ounce triple cream liqueur
- 1 teaspoon grenadine syrup
- 1 teaspoon white crème de cacao

### Directions:

Prepare a martini glass rimmed with multicolored sanding sugar. In a cocktail shaker filled half-way with ice combine all ingredients, shake well then strain into prepared martini glass. Garnish with a strawberry halve, banana slice, and maraschino cherry.

**Note:** Chocolate lovers, try swapping out the sanding sugar rimmer for chocolate sprinkles.

If you don't happen to have any whipped cream vodka on hand, try substituting it for cake or plain vodka then serve.

● **Source:** *Keyingredient*  
*www.keyingredient.com*

# *Beverages*



# Banana Daiquiri

**Executive Chef: Beiker**

*La Mesa*



## Ingredients

1 oz Banana Cream

Liquor | 1 oz Caribbean

Rum | 1 Ripce Banana

(peeled, sliced) | 1 oz

Baileys

## Directions:

Pour the banana Caribbean rum, cream liquor, banana (reserve 1 slim slice for garnish) and baileys into a blender and blend for 30 seconds. Pour the mixture into a hurricane glass. Place the banana slice and cherry through a tooth pick and place at an angle on top of the drink. Serve immediately





# Caribbean Colada

**Mixologist: Glen  
Sakuragi**



## Ingredients

15oz rum | 1.5oz dark rum (chairman's or bounty) | 4 oz pineapple juice | 2.5oz colada | 2 ripe bananas (peeled) | 2 scoops ice | Chocolate syrup (to garnish) | 0.5oz Floater dark rum

## Directions:

Pour the dark rum and regular rum into a blender. Add in the bananas, colada, pineapple juice, and ice and blend for 15 seconds. Garnish inside of a tulip glass (a little below the rim) with the chocolate syrup, while slightly twirling the glass until the syrup forms a complete circle.

Pour the blended beverage into the glass, then pour the dark rum floater on top to complete the drink. Serve immediately.



# Banana Cream Pie

**Mixologist: Fabian**

*Lil Chef*



## Ingredients

1 ripe banana  
(peeled) | ½ shot  
banana liquor | ½  
shot vodka | ½ shot  
baileys | 1 scoop ice |  
1oz chocolate syrup |  
Whipped cream  
(to taste)

## Directions:

Add one whole ripe banana into a blender. Add in the banana liquor, vodka, baileys and ice, then blend for 20 seconds or until the drink appears smooth. Pour chocolate syrup inside of a sling glass while swirling to create a pattern. Immediately pour in the blended beverage and top with a generous amount of whipped cream, then serve.



# Banana Temptation

**Bartender: Nelly St. Clair**

*Rituals Sushi*



## Ingredients

1 ripe banana (peeled) | ½ ripe banana (unpeeled) | 1oz Coconut Cream | 2oz Bounty | 1oz Baileys | 2 scoops ice | 1 tsp. grated chocolate | 1 cherry

## Directions:

Add one banana into a blend along with the coconut cream, bounty and baileys. Add in the ice then blend ingredients for 25 seconds or until the drink is smooth. Pour the drink into a poco grande glass and garnish the top with the grated chocolate. Take the ½ banana slice and lay it face down. Cut a small slit at both ends of the banana horizontally. Place a cherry in the slit tip of the banana to resemble a dolphin's mouth. Insert an eye using a black marker. Place the slit base of the banana onto the rim of the glass, and serve immediately.



# Banana Lassi

**Chef: Dependra**  
Razmataz



## Ingredients

½ cup fresh plain yogurt | ½ cup ripe banana | ¼ cup ice cubes | ¼ tsp. cumin powder | ¼ tsp. cumin seeds | ¼ tsp. turmeric powder | ¼ tsp. nutmeg | Pinch of sugar

## Directions:

Place the slice bananas and yogurt in a blender and blend for 2 minutes or until the mixture appears smooth and thick. Add in the milk, ice cubes, cumin powder, cumin seeds, turmeric powder, nutmeg and sugar and blend for an additional 1-2 minutes. Pour mixture into a whiskey sour 4 ¼ oz glass and garnish with a pine apple slice and cherry.



# Harbor Express

Mixologist: **Andreas Jn Pierre**

The Harbor Club



## Ingredients

15oz bounty rum |  
1.5oz light rum | 1  
scoop ice | (denross) |  
1.5oz simple syrup |  
1.5oz blue curacao |  
1oz ginger ale | 1.5oz  
banana liqueur | **Boat:**  
¼ slice lime | 4 pieces  
of lime skin | 2 swizzle  
sticks

## Directions:

Pour the ice into a white wine glass and add in the bounty rum, light rum, and banana liqueur. Gently pour in the blue curacao and allow it to settle to bottom. Add in gently the ginger ale to settle on top of the blue curacao. Top the beverage with simple syrup. **Boat:** Place 2 lime skins slices through each swizzle. Insert the swizzle through the flesh on top of the lime slice (with the lime skin at the base). Place the lime boat gently of top of the beverage to float and serve immediately.



# Banana Smoothie

**Barista: Jessica**

*Café Ole*



## Ingredients

1oz coconut cream

2oz milk

2 ripe banana (peeled)

2 scoops ice

## Directions:

Pour the coconut cream into a blender along with the milk and banana slices (reserve 1 slice for garnish). Add in the ice cubes and blend for 20 seconds, or until the mixture is smooth and uniform. Pour the beverage into a poco grande glass. Top the beverage with a cherry and banana slice, then serve.



# Banana Split

**Bartender: Vigel Theodule**

*Amici*



## Ingredients

- 1 ripe banana (peeled)
- 1oz melted chocolate
- 1oz chocolate liquor
- 2oz vodka
- 2oz baileys
- 1 scoop ice

## Directions:

Add one ripe banana to a blender then combine the chocolate liquor, vodka and baileys. Add in the ice then blend for 1 minute. Garnish inside of a poco grande glass with the melted chocolate. Pour the blended drink and garnish with a banana slice. Serve chill.



# Viva Sent Lisi

**Mixologist: Shema  
Amici**



## Ingredients

- 1 ½ ripe banana
- 1 shot banana puree
- 1 shot strawberry puree
- 1 shot peach liquor
- 1 shot vanilla vodka
- 1 scoop ice cubes
- ¼ oz grenadine syrup

## Directions:

Combine the bananas, strawberry, mango puree, peach liquor, vanilla vodka extract and ice cubes, and blend until smooth. Pour the beverage into a poco grande glass and top with the grenadine syrup. Place 2 slices of banana on the glass rim and serve.





# Banana Mudslide

**Bartender: Silas Celestine**

*Doolittles Restaurant*



## Ingredients

1 oz Vodka (Ice) | 1  
oz Kahlua | 1 oz  
Baileys | ½ Banana |  
1 scoop Ice | ½ oz  
Hershey's chocolate  
syrup | 1 watermelon  
slice

## Directions:

Pour the banana, vodka, kahlua, baileys and ice cubes and blend thoroughly. Garnish inside of a white wine glass with the Hershey's chocolate syrup. Pour beverage into a glass and place a watermelon slice and cocktail umbrella onto the glass rim, then serve.



# Banana Delight

**Mixologist: Gregor Joseph**  
*Capella*



## Ingredients

- 1 oz banana liqueur
- 1 oz pineapple juice
- 1 oz orange juice
- 1 ripe banana
- 1 oz ice

## Directions:

Add all ingredients into the blender and blend for 20 seconds. Pour the beverage into a margarita glass and garnish with cantaloupe slice and cherry, then serve immediately.



# Banana Protein Shake



## *Ingredients:*

- 1 Ripe Banana
- 1 Tsp Peanut Butter
- 1/2 Cup Oats
- 1/4 Cup Protein Powder
- 1 Cup Water

## *Directions:*

Add all ingredients into the blender and blend for 20 seconds. Pour the beverage into a margarita glass and garnish with cantaloupe slice and cherry, then serve immediately.

Source: Healthline

<https://www.healthline.com>



## **RIPE BANANA HEALTH BENEFITS**

**/ CALORIE, FAT, PROTEIN, FIBER INFORMATION /**

Bananas contain a fair amount of fiber and several antioxidants. One regular-sized banana (126 grams) also boasts:

- **Calories:** 112
- **Fat:** 0 grams
- **Protein:** 1 gram
- **Carbs:** 29 grams
- **Fiber:** 3 grams
- **Vitamin C:** 12% of the Daily Value (DV)
- **Riboflavin:** 7% of the DV
- **Folate:** 6% of the DV
- **Niacin:** 5% of the DV
- **Copper:** 11% of the DV
- **Potassium:** 10% of the DV
- **Magnesium:** 8% of the DV

The carbs in green bananas are mostly in the form of starch and resistant starch.



# Got Banana Peels?

*What can you do with it?*

“ The peel contains an additional 78 milligrams of potassium, plus plenty of filling fiber.

The peel on a fresh banana is pretty tough and slightly bitter. To eat it up, give it a good wash, remove the stem and try blending it into a smoothie, or frying it or baking it for at least 10 minutes. The peel also becomes thinner and sweeter as it ripens, so you may want to wait a few days for the banana peel to develop some spots.

And while some advanced home cooks love using banana peels as a substitute for pulled pork in vegan barbecue sliders, a more approachable way to start using peels is to just add them into banana bread for a boost of fiber. ”

**Source: Today**

*<https://www.today.com>*



For more information contact:

**Marketing Unit of the Ministry of Agriculture,  
Fisheries, Food Security and Rural Development**

4th Floor | Sir Stanislaus James Building

Waterfront, **CASTRIES**

**Telephone Number: 468-4165 (or) 468-4166**

