



Food and travel writer Ishay Govender's blog called Food and the Fabulous ([www.foodandthefabulous.com](http://www.foodandthefabulous.com)) won The Pick n Pay Best Food & Wine Blog at the 2011 SA Blog Awards. Here she shares one of the recipes reminiscent of her childhood, using one of PnP's exotic new fruit offerings.

Where I grew up in KwaZulu-Natal, spicy deep-fried green bananas were delicacies we loved even more than fried chips! Fried green bananas are popular in Kenya and other parts of Africa, the Caribbean, parts of South America and southern India.

When choosing green bananas, avoid those with any sign of yellow on their skins – they're too sweet and not suitable for this recipe. I've included nigella seeds in my batter because I think they impart a lovely nutty flavour and crunch – sesame seeds will also do the trick. Using soda water will keep the batter light and crispy.

## Deep-fried green banana fritters

A fond childhood favourite.

½ cup (125ml) **chana flour** or plain **cake flour**, plus extra for dusting  
 1 tsp (5ml) each **ground cumin coriander** and **paprika**  
 1 tsp (5ml) **amchur powder** (dried mango powder), optional  
 1 tsp (5ml) **nigella** (onion) **seeds** or **sesame seeds**  
**Salt**, to taste  
 ¾ cup (200ml) **soda water**, plus extra if necessary  
 4 medium **green bananas**  
**Vegetable oil**, for frying

### Tamarind green chilli sauce:

3 long **green chillies**  
 1 Tbsp (15ml) **tamarind paste**  
 ¼ cup (60ml) finely chopped **coriander**  
 2-3 tsp (1-15ml) **brown** or **palm sugar**  
 ¼ cup (60ml) **extra-virgin olive** or **canola oil**  
 Juice (30ml) of ½ **lemon**  
**Salt**, to taste

### SERVES 4 AS A SNACK

**Mix** dry ingredients in a bowl.  
**Add** soda water and whisk to form a smooth, thin batter.  
**Chop** off both ends of bananas.  
**Cut** a slit down one side of the skin and remove. Slice bananas in 3 lengthwise along the curve.  
**Halve** each slice at an angle.  
**Dust** bananas lightly in flour and dip each piece in batter, turning to coat.  
**Heat** oil in a frying pan until hot.  
**Reduce** heat to medium-high and fry bananas in batches until batter turns golden-brown.  
**Remove** with a slotted spoon and dab off excess oil with kitchen towel.  
**Chop** chillies. Place in a bowl with remaining dipping ingredients.  
**Blend** with a stick blender until a smooth sauce forms.  
**Serve** hot battered bananas with dipping sauce.

THE GREENER THE BANANAS YOU USE, THE BETTER!

