

RONIB'S KITCHEN

BANANA BLOSSOM BALLS

by RoniB's Kitchen Recipe Collection

Ingredients

- 1 cup of chopped banana blossoms (1 tin)
- 4 cloves of garlic, minced
- 1 banana shallot, minced
- 100g coconut cream
- 150g all-purpose flour
- 2 large eggs, slightly beaten
- 2 tsp Garlic Chilli Paste
- salt and pepper, taste
- cooking oil, for frying

Product



Directions

1. Place banana blossoms in a deep pan, cover with water and boil until tender. Drain and cool then squeeze out excess water. Chop. Set aside.
2. Heat a pan with some oil and shallow fry the minced garlic and shallots until fragrant.
3. Add the chopped banana blossoms and fry for a further 2-4 minutes.
4. Remove from heat and place in a mixing bowl and slightly cool.
5. Add the coconut cream and mix thoroughly until well blended. Set aside.
6. In another mixing bowl, combine flour, eggs, garlic chilli paste, salt and pepper
7. Heat a deep pan with cooking oil.
8. Form balls with the banana blossom mixture.
9. Dip balls in batter and deep fry until golden brown.

PREPARATION: 30MIN

COOKING: 15MIN

READY IN: 45MIN

Serving:

Serve with rice and enjoy!