

Filipino-Style Deep-Fried Bananas



Makes:

16 servings, 2 per serving

Utensil:

Cooking Thermometer
7 Qt./6.6 L Roaster with Cover
6 Qt. (5.6L) Culinary Basket
small mixing bowl

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Recipe Description:

Make plenty of this very special dessert because it is addictive. The basic recipe of bananas and brown sugar are scrumptious alone but you can experiment on other delicious versions by adding into the wrap such things as slivered almonds, cranraisins, or a bit of chocolate. Simply mouthwatering!

Although Saladmaster does not recommend deep frying as part of a healthy lifestyle, you may choose to make fried food on occasion. And for those special times we want to make cooking as easy as possible.

1/2 cup
brown sugar
(73 g)
8 large
firm, ripe bananas or plantains
1 pound
package lumpia or egg roll wrappers, 32 wrappers
(454 g)
1 gallon + 1 1/2 quarts
canola oil for deep frying

Directions:

1. Place brown sugar in small bowl.
2. Peel banana or plantain, cut in half across the fruit, then cut each half lengthwise. Roll each in brown sugar.
3. Place 1 lumpia or egg roll wrapper flat. Place the cut banana diagonally, lengthwise across the corner of the wrapper over the banana. Fold the 2 corners to the right and left over the long ends of the banana. Place a brush or your fingers in a bowl of water and gently rub the water on the remaining wrapper and roll the partially wrapped banana toward the remaining corner. The water will help seal the wrapper completely over the banana (see photos above for clearer direction). As you wrap each banana, set aside.
4. Place culinary basket inside roaster and add oil into roaster (oil will just cover the woven basket portion up to the solid frame of the basket). Set temperature on medium heat. Heat oil to 350°F/175°C - 375°F/190°C; use thermometer to test temperature before starting to cook. Do not overheat or under-heat oil.
5. Using a slotted spoon, gently place 3 or 4 wrapped bananas into the hot oil. Oil will burst into churning bubbles. Cook until golden brown, stirring to cook on both sides, approximately 30 seconds.
6. Remove with slotted spoon and place on paper towels to capture excess oils.
7. Repeat until all bananas are cooked. Serve when cooled.

Tips:

- The traditional Filipino version, Turon, includes jackfruit.
- You may add other ingredients to the banana such as roasted almond slivers or a drizzle of chocolate.
- Serve with ice cream or fruit, such as raspberries.
- These do not keep well so eat on the day they are prepared.

[Nutritional Information per](#)

[Serving](#)

Calories: 325
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 6mg
Sodium: 389mg
Total 57g
Carbs:
Dietary Fiber: 3g
Sugar: 14g
Protein: 7g
