



Banana Fritters

INGREDIENTS

- 2 ripe bananas, mashed
- 1/2 cup all-purpose flour
- 1/4 cup corn starch
- 1/4 cup brown sugar
- 1/4 tsp salt
- Oil, for frying

METHOD

1. In a mixing bowl, combine the mashed bananas, flour, corn starch, brown sugar, salt. Mix well.
2. Heat about 1 inch of oil in a frying pan over medium heat.
3. Using a small cookie scoop or spoon, drop the batter into the hot oil, making small fritters.
4. Fry the fritters for 2-3 minutes on each side or until golden brown.

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Okra Stew

INGREDIENTS

- Okra
- 1 medium onion chopped
- 5-6 green chilies sliced
- 1tsp ginger garlic paste (optional)
- 1 tsp turmeric
- 1 tsp red chili powder
- Salt to taste
- Oil for cooking

METHOD

1. In a pan add oil and fry green chilies, onion and salt until golden brown
2. Then add ginger garlic paste, fry for 2 mins and the turmeric and red chilli powder (here you can skip the ginger and garlic paste)
3. Add okra and fry for good 5-6 minutes over high heat. Cover and lower the heat and cook until it has softened.

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