

Lepat Pisang Recipe

Ingredients:

11 ripe bananas (pisang awak)
180 g plain flour
90 g sugar
½ coconut, grated
½ teaspoon salt
Banana leaves

Method:

Skin bananas, clean, and mash bananas until fine. Add 1 rice bowl of water to grated coconut and squeeze for milk. Soak banana leaves in boiling water until soft. Remove. Clean and dry with cloth. Cut into 12.5 cm x 22.5 cm pieces. Put flour, mashed bananas, sugar, ½ teaspoon salt into mixing bowl and slowly add some coconut milk. Stir until it becomes a soft dough. Beat well, add remainder of the coconut milk into dough. It should not be too watery or thick. Roll a banana leaf into a cylindrical shape. Fold one end up. Fill the leaf packet with dough from the open end. Seal end and fasten with staple or toothpick. Put on a steaming tray and steam for 10 to 15 minutes. Remove, cool and serve.

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