

Sweetened Bananas Cooked in Syrup Recipe

(Filipino)

Ingredients:

1 kg ripe saba bananas (plantains)
400 g brown sugar
1 liter water
375 ml milk (optional) or coconut cream

Method:

Peel the bananas, then slice each banana on the diagonal into three pieces. In a large saucepan, combine sugar and water. Bring to the boil, stirring occasionally, until sugar dissolves. Add the bananas and return to the boil. Lower the heat immediately to a simmer. Skim off any scum (impurities) that rise to the surface and discard. Simmer until bananas are tender and liquid reduces to a thick, syrupy consistency, about 40 minutes. Divide into 6 serving bowls and serve warm or cold with crushed ice. Add about 60 ml milk or coconut cream to each bowl if desired.

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