

# RAW BANANA FRY

**VEGETERIAN**

If you have been to Gudalur, you know that bananas grow everywhere. Its part of the staple diet in Tamil Nadu and is prepared in many different ways. At Plenti, Chef Anand likes to prepare it with as little oil and spice as possible so that it marries well with other items for lunch and dinner. It is light, starchy and delicious.

## FACTS

**35**  
MINUTES

**6**  
PERSONS

**HOT**  
SERVING

## INGREDIENTS

- 2 medium sized raw bananas, peeled and chopped
- 1/2TBSP mustard seeds
- 1TBSP cumin seeds
- 1TBSP urad daal
- 5gms curry leaves
- 5/3 turmeric powder
- 1/2 freshly ground pepper
- 1 gm asafetida

## DIRECTIONS

### STEP 1 - MASALA

Heat 1 tbsp of oil in a pan in medium heat. Add mustard, after it crackles. Add urad dal, dried red chillies, curry leaves and cumin. Reduce the heat and add turmeric powder, freshly ground pepper and asafetida. Stir well.

### STEP 2 - FRYING

Add in the chopped raw banana and bring the heat to medium. Add a dash of water and cook with the lid on for 15 minutes while stirring occasionally.

### STEP 3 - GARNISH AND SERVICE

Add shaved coconut as garnish and serve alongside standard lunch or dinner.

