

BANANA FRITTERS

Gluten Free Dairy Free

Moderate Amines

Makes 32 bite sized pieces

Ingredients:

- 2 cups gluten free *All Purpose* baking flour
- 2 tsp sugar
- 2 tsp baking soda
- ½ tsp citric acid
- 1 cup calcium fortified rice milk
- 1 Tbsp rice bran oil (or suitable oil)
- 1 egg
- 2 Tbsp water
- 3-4 cups rice bran or suitable oil, for deep frying
- 6-8 bananas
- ½ cup castor sugar for rolling the cooked fritter in



Method:

- Sift the first 4 dry ingredients into a medium sized bowl
- In a separate bowl beat together the rice milk, oil, egg and water
- Add liquid ingredients to the flour and beat until blended. This batter should be thick
- Heat the cooking oil in a small saucepan or wok. The oil should be about 3cm (1 inch) deep. The oil is ready to use when it starts to shimmer
- Peel the bananas and slice them into 4 pieces and in batches place into the batter and roll them around until fully coated.
- Using tongs, gently place the battered banana into the shimmering oil, so that they do not touch. Do not overcrowd the oil. Cook roughly for 1 minute (until browned) and then turn the banana over for another minute on the other side
- Take the fritter from the oil and place on a paper towel to drain.
- Roll the drained bananas fritters in the extra sugar to fully coat the fritter
- Continue until all the bananas are cooked and coated in sugar.

Serve:

- Eat straight away as they are, or with maple syrup or topping of choice