



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Fried Bananas

Muz Kızartması



4 small bananas
1 cup granulated sugar
1/2 cup water
1 tbsp butter
1 lemon
1 tsp grated lemon rind

- # Peel the bananas, cut each of them into 4 pieces, pour juice of a lemon all over to prevent the bananas darken during the cooking.
- # Put granulated sugar, water and butter into a small pot, cook over low heat until it reaches to a low consistency.
- # After adding the grated rind of lemon into the mixture, boil it for 5 more minutes.
- # Drain the bananas to remove the lemon juice, and then add the banana slices into the mixture.
- # Cook over medium heat without softening it too much. (About 15 minutes)
- # Place them onto the service plate when they turn to tepid, pour some of the mixture of oil and sugar that you cooked the bananas in it, all over and serve.

Note: You can add grated rind of orange instead of lemon rind for cooking the fried bananas.