



BANANA TARLETS

Ingredients

For the crust:

- 2 C All-purpose flour
- 2 C Banana flour
- 1 C butter
- 10-12 Tbsp. cold Water

For the Filling:

- 8 pcs. Egg yolk, large
- 1 Can Condensed milk
- 1 Can Evaporated milk
- 1 tsp. Calamansi juice

Procedure:

1. Combine butter, sugar, and salt and mix until smooth in the bowl of a stand mixer fitted with the paddle. Add eggs one at a time until smooth. Scrape down sides of bowl. Add flour all at once and mix on low speed until flour is just incorporated.
2. Shape dough into a disk, wrap with plastic wrap and refrigerate for 2 hours.
3. Preheat oven to 375 degrees F.
4. Lightly flour the work surface. Roll out the dough into a 1/8-inch thick 12- to 13-inch round. Transfer dough to 9-inch tart pan with removable bottom. Using a paring knife, trim off all but 1/2 inch or so of the dough overhang. Fold the overhang in, pressing the sides of the dough so that they come up 1/3-inch higher than the sides of the pan.
5. Freeze crust until firm, about 15 minutes.
6. Line crust with foil and fill with dried beans or pie weights. Bake crust until sides are set and begin to turn golden, about 25 minutes. Remove foil and beans. Continue to bake until crust is pale golden, 15 minutes longer. Cool on rack for 30 minutes.
7. *Making the filling*
8. Combine whole eggs, egg yolk, sugar and salt in a double boiler or a metal bowl set over a pot of simmering water. Whisk the ingredients

together until the mixture becomes thick and the temperature rises to 180 degrees F. Let the filling cool to 140 degrees F. Incorporate the butter into the cooled filling using a whisk or an immersion blender.

9. In a separate bowl, beat heavy cream and sugar with a wire whisk until peaks form.

Assembling the tart

Beat the whipping cream in a chilled bowl with chilled beaters at high or medium-high speed until thick. Add sugar and vanilla and beat to the desired consistency.

BANANA FLOUR NOODLES

Ingredients

- 1 kg. Hard Flour
- ½ kg. Banana flour
- 1 ½ C Cold water
- 1/2 C Minola cooking oil
- 3 Tbsp. White sugar
- 3 Tbsp. Lye solution
- 1 Tbsp. Iodized salt
- 6 pcs. Large egg

Procedure:

1. Combine all dry ingredients to liquid ingredients in a rotary mixer.
2. Knead and form the dough into a mixture.
3. Flatten the dough using dough roller.
4. Cut the dough using noodle cutter.
5. Partially deep fry the noodles in cooking oil.
6. Drain and cool down the noodles.
7. Package and label.



SABA BANANA ICE CREAM

Ingredients:

For the puree:

- 2000 g. Saba Banana (Semi-ripe)
- 1 can Evaporated milk (big)
- 1 capsule Ascorbic acid

For the cream mixture:

- 500 g. All-purpose cream/heavy cream, chilled
- 1 can Condensed milk

Procedure:

1. Weigh, wash and sanitize Saba banana fruit.
2. Peel the fruit and cut into halves.
3. Remove the seeds and chop into smaller piece.
4. Prepare the blender. Put in the evaporated milk and add the chopped Saba.
5. Blend the milk and Saba mixture and Ascorbic acid in a high speed setting for two to three minutes to produce fruit puree.
6. Combine chilled all-purpose cream and condensed milk to make the cream mixture.
7. Add Saba banana puree and mix well with an electric hand-held mixer in a high speed setting for two minutes.
8. With the use of a fine-mesh sifter, sieve the Saba banana ice cream mixture to eliminate extra lumps.
9. Pour the Saba banana ice cream mixture in ice cream cups and freeze overnight.

BANANA KETCHUP RECIPE

Ingredients:

- 2 lbs. Saba banana
- 17 pcs birds eye chili crushed and minced
- 2 cups white sugar
- ¼ tsp. choco brown food coloring
- 0.18 ounces sodium benzoate
- ¼ tsp cinnamon powder
- ¼ tsp. paprika
- ¼ tsp. ketchup red food coloring
- 1 head onion, chopped
- 1 pc. Red bell pepper
- 3 Tbsp. Garlic minced
- 100 ounces water
- 3.6 ounces iodized salt

Procedure:

1. Put water in a large pot and let boil.
2. Put in the bananas and boil for 12 min. remove from the pot and let cool.
3. When the bananas have cooled, peel them and divide each into 3 pcs by slicing.
4. Combine bananas, onion, bell pepper and garlic. Place in a blender with 2 cups of water and blend for seconds. Note: this can be done by batch.
5. Place the mixture in a large pot and cook for 60 min. or until the mixture thickens.
6. Put-in the food coloring and sodium benzoate. Stir until well blended.
7. Let the mixture cool and transfer to jars or containers.



BANANA & CALAMANSI CINNAMON JAM

Ingredients:

2000 g. Saba banana, ripe (approx. 20 large pcs.)
100 g. Calamansi juice (approx. 10 pcs.-fully ripe)
2 tsp. Calamansi rind
2 ½ tsp. Cinnamon powder
2000 g. Caster sugar

Packaging Material/s:

20 pcs. Jam bottles (#8 oz.)

Procedure:

1. Weigh, wash and sanitize Saba banana fruit then mash ,with the use of a fork.
2. Put the sugar in a small heavy-duty saucepan, and then add-in the mashed banana, grated Calamansi rind, cinnamon and Calamansi juice.
3. Stir the mixture over medium low heat for about 10-15 minutes
4. When the mixture begin to boil, a lot of forms (bubbles) will form, do skim away those form and continue to cook until the mixture become clear and thicken.
5. Pour the cooked jam into sterilized glass bottle, cover and transfer in the water retort vessel and process at 112 °C for about 1 hour.
6. Remove the jars in the vessel and cool down.
7. Label and store in a cool dry place.

SWEETENED BANANA AND JACKFRUIT IN SYRUP

Ingredients:

24 pcs. Large Med.-ripe banana (or any plantain bananas), ½ in.slices
½ kg. jackfruit, cut into strips
2 ½ C white sugar
8 C water
4 tsp. vanilla
1 Tbsp. salt
2 ½ C light corn syrup

Packaging Material/s:

20 pcs. Jam bottles (#8 oz.)

Procedure:

1. Combine water, sugar, corn syrup and salt in a saucepan. Stir to dissolve and bring to a boil.
2. Add the Saba banana, jackfruit and vanilla.
3. Cook over medium heat for 10-15 minutes or until the bananas are tender and syrup thicken
4. Remove from heat and transfer to a sterilized jars. Cover with a lid.
5. Transfer in the water retort vessel and process at 112 °C for about 30 minutes.
6. Remove the jars in the vessel and cool down.
7. Label and store in a cool dry place.