



Banana Blossom 'Fish & Chips'

Recipe by Debbie Booth

For the banana blossom...

2 tins banana blossom, drained, remove small or loose leaves, pat dry lightly

Marinate for a min of 1 hr in following:

1/4 cup soy sauce

1/4 cup olive oil

Juice 1/2 lime

2 cloves garlic (I used 1 tsp garlic paste)

2 tbsp Old Bay seasoning

1 tbsp seaweed flakes

Mix well, pour over banana blossom leaves, allow to marinate in fridge.

For the chips...

Peel and slice potatoes

Par boil, 5 mins

Drain

Baste in olive oil with seasoning

Allow to cool

Refrigerate until ready to cook

Cook chips in oven as you would oven chips

For the banana blossom...

2 very finely sliced shallots

2/3rds jar of capers, finely minced

Dill

Dijon mustard

Mayo

Squidge of lemon juice

Salt/pepper to taste

I just add mustard/mayo roughly 1:3 ratio, and adjust/add more to taste

Add some juice from the capers to suit

Refrigerate till ready

For the batter..

I cheated a bit and used Golden Fry batter, I added soda water instead of plain water and

added some Old Bay

Leave to sit for 10 mins or so before use

Gently coat the BB leaves in plain flour before coating in batter and frying

Serve with mushy peas.