

Sweet Stuffed banana Malabar Iftar dish

Written by W.J.Pais

Ingredients:

1. Ripe bananas (Nenthrapazham) – 2 nos
2. Sugar - 50 gms.
3. Grated Coconut – ¼ cup.
4. Cardamom – 3-5 nos.
5. Maida – ½ cup.
6. Coconut oil for frying.
7. Water.

Method of Preparation:

1. Heat a pan, Add grated coconuts, cardamom, and sugar, and saute well.
3. Switch of the flame when nice aroma comes.
4. In a bowl take maida / all-purpose flour in a bowl, add sugar and salt, mix well. Add enough amount of water to it and make a thick batter.
5. Peel the banana and make a shallow slit lengthwise. Remove the center portion (black seeds).
6. Fill the fried coconut - sugar mixture into the slit. Seal it by using batter we already prepared.
7. Heat oil in another pan, Shallow fry the stuffed bananas till they become golden brown in color.

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9. Now our pazham nirachathu is ready to serve.

10. Serve it, Enjoy!!!! <http://garammasala134.blogspot.ae/2013/12/pazham-nirachathu.html>