



Bananas

Rich in fibre, potassium and several type of vitamins, bananas are a brilliant addition to almost any diet.

It's versatile and can be the central flavour of many breakfast goodies, snacks and desserts. That said, their shelf life can feel like a race against the clock, but knowing which recipies pair best with its stage of ripeness is vital.

Store:

- The fridge is to be used with awareness. If you would like them to ripen further, they are best out at room temperature.
- If already at preffered ripeness, the fridge will act as your ally in slowing the process down.
- It is common for the peel to brown in the fridge before the inside, so it's important to always check before throwing away.
- Best stored seperated from other fruit
- Seperating the bananas individually and wrapping the stems in foil can also help

Freeze:

- To freeze in chunks, spread out on paper until harderned, then tranfer to a freezer bag. These are great for smoothies and as toppings for baked goods
- To freeze whole, peel and place in freezer bag on a tray. Once they are hardened, remove the tray
- Frozen whole bananas are great for banana bread and replacements for egg in baking

Over-Ripe Bananas

Despite its appearance, brown spots are brilliant if you know what to do with them. This is when the flavour comes through most, making it a perfect time for baking. Whether that is making everyone's favourite bread, smoothies, or using it as a substitute for egg, they are truly transformed. Freezing is a great option if you want to save them when you have some baking time later.

Video Links

Whyndham Street Cooking Demo - Carrots and Bananas