



Fried Bananas

Bananas
Oil

1 tsp oil
1/4 tsp salt
8 green or red peppers

Make sure the bananas are black before frying. If they aren't over-ripe they won't be sweet and will be dry. Cut them into small pieces on an angle, just less than a half-inch thick. Fry in oil until nicely browned on each side. Use as many bananas as you feel needed for your class.

Buy 8 tiny green or red peppers. Blend them together with a 1/4 tsp. of salt and 1 tsp. oil. Dip the fried banana pieces in the hot sauce just before eating.