

- be divided into portions
- Stir/turn the banana slices occasionally
- Once they turn golden brown, remove them from the oil
- Drain excess oil from the fritters
- Pack in an air-tight package or serve warm with salt or pepper to taste.



*Deep fried plantain banana slices*

## Roasted banana

### Ingredient

Plantain bananas  
Jiko  
Salt

### Processing method

- Wash the bananas
- Peel the bananas
- Roast over wire mesh on hot charcoal/jiko or in an oven for 120°C for 45 minutes
- For those on hot charcoal /jiko keep turning to prevent burning
- Remove when they turn golden brown
- Pack in an air tight package or serve warm with salt to taste



*Roasted plantain banana*

March 2024

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KALRO/NAVCDP/BANANA BROCHURE NO. 185/2024



## Value addition in cooking and plantain banana





## Introduction

Banana is a universal fruit cultivated in tropical countries. Plantain (Musa AAB), as well as other cooking banana (Musa ABB) are an excellent food source and a principal component of diet. Plantain is a multipurpose crop because the fruit can be utilized when cooked and when ripened. Cooking varieties include: *Nusu ngombe*, *Kikuyu giant* and *Mogaka I* while plantain varieties include: *Bokoboko*, *Mkono wa tembo* and *Kampala*. Cooking banana can be dried; processed into products such as flour and used in many recipes for value addition and enhanced shelf life. Plantain banana are processed into various products such as banana fritters, crisps and chips.



Dried bananas for flour making

### Ingredients

Cooking bananas

### Equipment

- Slicer or grater
- Solar drier
- Flour mill

### Processing method

- Remove bananas from the bunch.
- Clean and peel the bananas.
- Slice into small pieces of about 1-2 cm thickness.
- Sun dry in the solar drier for 1-2 days
- Pack dried bananas slices in an air-tight container.
- The dried packed slices are stored for 12 months on shelves under room temperature.

### Uses

- For banana flour, mill the dried banana
- Flour can be used for making porridge or as a soup thickener
- Banana flour is mixed with wheat flour (1:2 ratio) to make products such as mandazi, chapatti



Banana fritters



### Ingredients

- One kilogram plantain bananas (ripe and firm)
- 500 ml liquid oil



Ripe firm plantain banana

### Processing method

- Wash the bananas well and then peel them
- Cut them into thick slices using a knife
- Deep them into salty water to prevent browning
- Heat the oil in a sufuria and once it is hot, dip the slices, taking care not to splash oil
- Based on the size of the sufuria, the slices can