



# *Canary Bananas*

A COMPLIMENT FROM  
C. R. E. P.

Canary bananas are an all-year fruit. To their exquisite taste they add unsurpassable qualities.

—They are a splendid source of calories, with more solid matter and less water than any other fruit.

—They have a large quantity of easily assimilable sugar, and the human body quickly profits by it.

—The hydrates of carbon of the bananas are easily absorbed and perfectly tolerated by children suffering from intestinal trouble.

—They supply valuable quantities of calcium, magnesium, phosphorous, iron and copper.

—They produce an alkaline reaction and cure acidity.

—They favour calcium assimilation.

—They contain vitamins A, B and C.

We offer here some recipes to prepare desserts with bananas, chosen among a great many others that can be made with the valued Canary fruit.

# Banana Frozen

- 1/2 litre of cream
- 1/2 litre of milk
- 2 1/2 tablespoonfuls of sugar
- 1 vanilla stick or a package of vanilla sugar
- 7 egg yolks
- 6 bananas
- 1 small drinking glass of "Kirsch"

Place a pot on the fire with the cream, the milk, the vanilla and sugar; When it begins to boil withdraw the pot from the fire, add the beaten yokes without ceasing to stir and place again on the fire until it boils again.

When quite cold add the bananas, sliced round and the small drinking glass of liquor.

Place in the refrigerator.

The recipe is for six persons.

# Bananas "Gauté"

- 4 bananas not too ripe
- 2 tablespoonfuls of lard
- 2 " " of lemon juice
- 2 " " of orange juice
- 2 " " of sugar

Peel the bananas and cut them in half, lengthwise and place them on the fire until the lard melts. Then add the sugar and the banana and lemon juices, leaving them boil in a weak fire until the bananas become soft.

Serve while hot.

# Smashed Bananas for Children

(First recipe)

Make lukewarm the pulp of some fully ripe bananas, and smash them with a fork, adding some milk or cream.

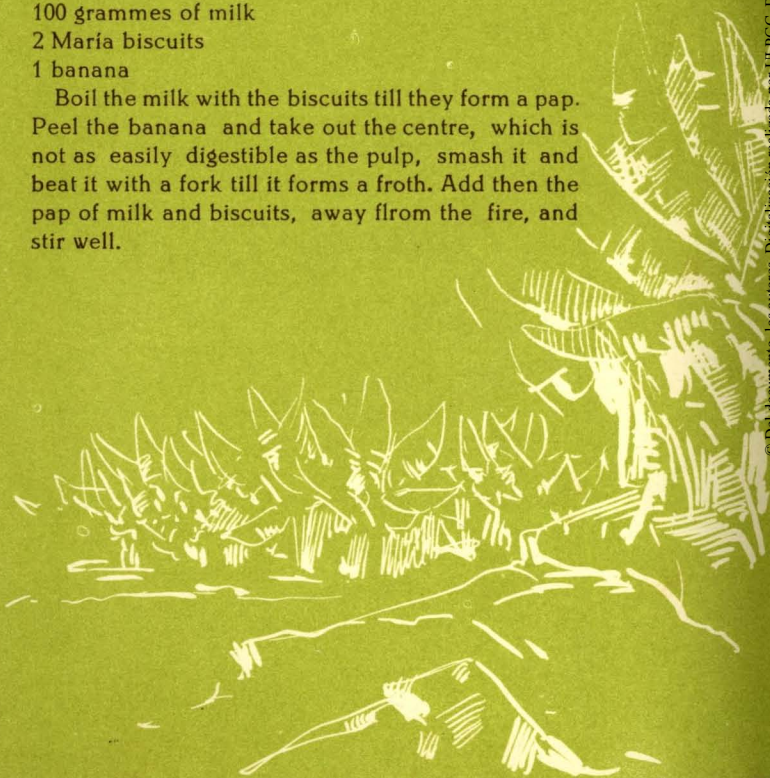
(Second recipe)

100 grammes of milk

2 María biscuits

1 banana

Boil the milk with the biscuits till they form a pap. Peel the banana and take out the centre, which is not as easily digestible as the pulp, smash it and beat it with a fork till it forms a froth. Add then the pap of milk and biscuits, away from the fire, and stir well.



# Banana Pie

- 1 1/2 cups of banana pulp
- 3/4 cup of brown sugar
- 1 teaspoonful of salt
- 1 1/2 cups of milk
- 1 1/2 cups of milt
- 2 eggs
- 1 teaspoonful of cinnamon
- 1 do of nutmeg
- 1 do of lemon juice
- 1 do of lemon gratings
- 1 do of ginger

Steam - boil the bananas till they become soft. Let them rest a while and sift them through a closely woven sieve. Add the other ingredients and the beaten eggs, mixing them thoroughly. Then add the milk slowly, stirring all the while.

Line a mould with pie dough and fill in with above mixture. Place in the oven until the outside crust has a gilt colour. Powder with sugar and cinnamon and serve cold.



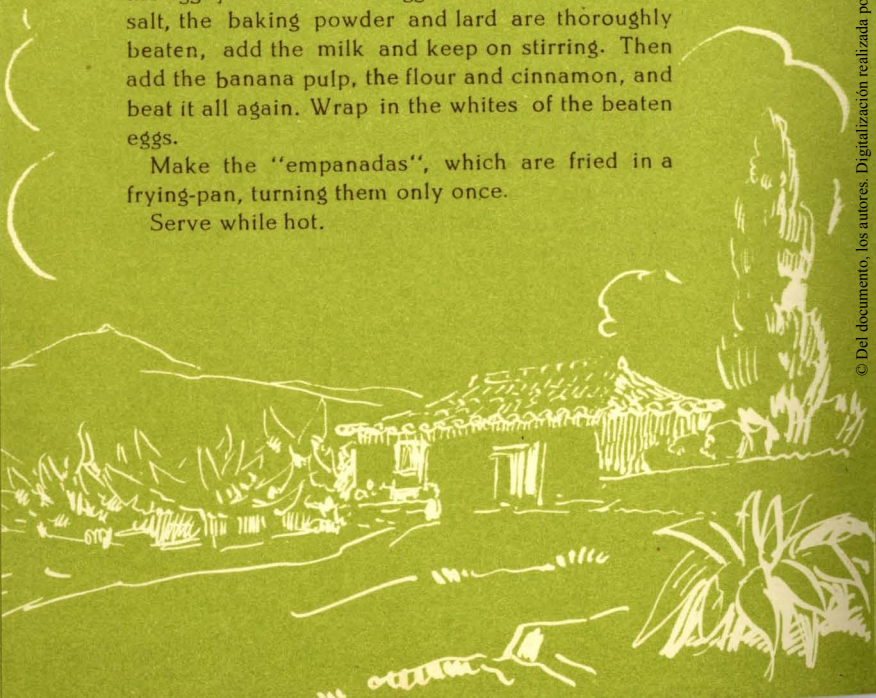
# Banana "Empanadas"

- 1 cup banana pulp
- 2 eggs
- 1 cup of milk
- $\frac{1}{2}$  teaspoonful of salt
- 1 tablespoonful of lard
- 1 tablespoonful of sugar
- 1 teaspoonful of baking powder
- $\frac{1}{4}$  teaspoonful of cinnamon in powder
- 1 cup wheat flour

Boil the bananas or steam-boil them. Separate the egg yolks from the egg whites and add some salt, the baking powder and lard are thoroughly beaten, add the milk and keep on stirring. Then add the banana pulp, the flour and cinnamon, and beat it all again. Wrap in the whites of the beaten eggs.

Make the "empanadas", which are fried in a frying-pan, turning them only once.

Serve while hot.



# Bananas a la Irene

Bananas  
Fruit Jelly  
"Chantilly" Cream

Peel the bananas and cut them lengthwise in two or three slices, cover them with jelly, which ought to be of red colour, and decorate them with small pieces of "Chantilly" cream.

Serve frozen.

# Bananas a la Carlton

6 or 8 bananas  
1 cup strawberry pulp  
 $\frac{1}{2}$  cup of cream  
Sugar

Cut the bananas in round slices and place them in drinking glasses, mix the cream, not beaten, with the strawberry pulp and pour it on the bananas.

Decorate each glass with a whole strawberry and let it rest in the ice-box.

# Roasted Bananas

Bananas  
Cream milk

Cut the ends of the bananas so that the pulp will show and place them whole on a porcelain dish. Place them in oven till the peel bursts.

Then place them in a previously heated dish and cover them with cream milk with vanilla.

# Banana Tart

1 $\frac{1}{4}$  cups of sugar  
1 $\frac{1}{2}$  cups of crushed walnuts  
1 cup of flour  
4 eggs  
Lemon glazings and a little salt

Beat the eggs with the sugar, the lemon glazings with the salt. Add to this cream the beaten whites of the eggs when they look like snow, as well as the walnuts and flour and place in the oven in an opening mould.

When the tart is quite cold, cut it horizontally in two parts, wherein a banana filling is placed. Cover then the tart with lemon glazé and when almost dry decorate it with walnuts slightly stuck into the glazé.

## FILLING

Smash with a fork 4 or 6 bananas, adding two tablespoonfuls of sugar, one spoonful of lemon juice and a spoonful of cognac or rum.



# Banana Cream

(First Recipe)

- 6 bananas
- 3 tablespoonfuls of lemon juice
- 3 spoonfuls of sugar
- 1 cup "Chantilly" cream

Smash the bananas with a fork, adding the sugar and lemon juice, and finally the "Chantilly" cream.

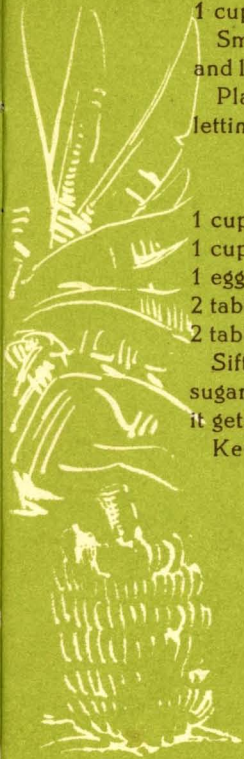
Place in cups and decorate with a red jam, letting it rest for a while in the icebox.

(Second Recipe)

- 1 cup pulp of ripe bananas
- 1 cup sugar
- 1 egg
- 2 tablespoonfuls of lard
- 2 tablespoonfuls of lemon juice

Sift the bananas through a sieve and add the lard, sugar, lemon juice and egg. Boil in water-bath until it gets the consistency of cream.

Keep on the fire approximately five minutes



# Banana cream and Cocoanut

2 cups of milk

2 eggs

4 spoonfuls of sugar

A little salt

$\frac{3}{4}$  cups of grated cocoanut

1 cup of very ripe bananas cut in small pieces

$\frac{1}{4}$  teaspoonful of vanilla

Beat the eggs slightly and add the other ingredients. Place in a special fire dish and cook in weak oven during 1 hour.

# Banana Pancakes

2 spoonfuls of flour

2 eggs

Milk

Bananas

Lard

Salt

Mix the flour with the eggs, stirring well, add the milk and keep on stirring till it is neither too soft nor too thick. Cut the bananas in round slices and mix them with the mixture.

In lard to which a little salt has been added, fry pieces of this mixture. Serve powdered with sugar and cinnamon.

# Chocolate Tart

- 4 eggs
- 1  $\frac{1}{2}$  cups of flour
- 2 cups sugar
- 1 teaspoonful baking powder
- 4 bananas
- 1 chocolate tablet
- $\frac{1}{2}$  cup "Chantilly" cream
- 1 yolk

Act as with the tart of bananas and walnuts. After cold, a filling is placed in the tart, obtained in the following way:

Smash the bananas with two tablespoonfuls of sugar, and a little lemon juice. Place on the fire to thicken a little and when you withdraw it add the egg-yolk stirring all the while.

Melt the chocolate tablet in a water-bath, adding some drops of milk. Cover the tart with the chocolate still hot and when cold decorate with "Chantilly" cream.

# Canary "After-dinner"

- 3 bananas
- 3 pineapple strips.
- sugar

In a special oven-dish place the pineapple strips cut in half and the bananas cut in round slices, powder with sugar and cook in a weak oven during 10 minutes approximately.



# Banana and Walnut Cake

- 4 eggs
- 1 1/2 cups of flour
- 2 cups sugar
- 1 teaspoonful baking powder
- 6 bananas
- 1/2 cup walnuts
- 2 cups "Chantilly" cream

Beat the yolks with the sugar and add the flour mixed with the baking powder, and after add the beaten egg-whites when they look like snow. Place in an opening mould and cook in a live fire.

After it gets cold, cover the lower half with 'Chantilly' cream and place on same the bananas cut in round slices. Place then the upper half, to be likewise covered with a layer of Chantilly cream, on which are placed the remaining banana round slices and the walnuts





## *Fried Bananas*

3 bananas not too ripe  
2 teaspoonfuls of salt  
Frozen water

Cut the bananas lengthwise, in thin strips, and plunge them into frozen water.

Rinse them and fry in very hot lard

Once fried, rinse in paper and serve very hot.

They can be also served cold, covered with a layer of lemon sauce and cinnamon.

# Banana Omelette

- 6 bananas
- 3 spoonfuls of sugared water
- $\frac{1}{2}$  cup flour
- $\frac{1}{2}$  cup almonds
- 2 eggs

A little vanilla sugar and raisins without seeds.

Peel the bananas and knead them with a little sugared water. Add the flour, the grated almonds, the yolks, some raisins, vanilla sugar and the egg-whites well beaten.

Small balls of this mixture are fried in grease.

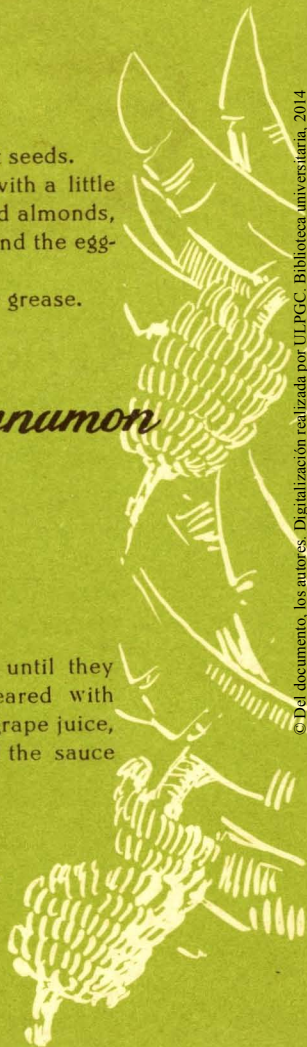
Powder with sugar and serve hot.

# Bananas with Cinnamon

- 3 bananas
- 1 cup water
- 1 cup grape juice
- $\frac{1}{2}$  teaspoonful of cinnamon
- $\frac{1}{8}$  cup of lard
- $\frac{3}{4}$  cup of sugar
- 1 spoonful of lemon juice

Boil the unpeeled bananas, in steam, until they get soft. Then place in a mould smeared with butter, adding the lemon juice, sugar, grape juice, cinnamon and water. Place in oven till the sauce thickens.

Serve cold or hot.



## Bananas with Cocoanut sauce

- 5 greenish bananas
- $\frac{2}{3}$  cup of fresh or grated cocoanut
- 1 cup milk
- 2 tablespoonfuls of sugar

Boil the bananas till they get soft, 20 to 30 minutes, and once cooked peel them and cut them lengthwise.

Form the sauce adding the milk to the sugar and cocoanut and then add the bananas.

Serve this way or with "Chantilly" cream.

## Boiled Bananas

Cut the bananas lengthwise in 3 or 4 strips. Place them in a special oven dish and powder plentifully with sugar and water.

Cook in a weak oven during an hour, and serve with cream.

## 3 frozen fruit

- 1 cup pulp ripe bananas
- $\frac{1}{3}$  cup lemon juice
- 2 cups sugar
- 2 cups water
- 1 cup orange juice

Mix the juices of both fruits, the sugar and water. Sift the banana pulp through a sieve and add to the liquid. This mixture is frozen and served in cups.

# Transparent Pudding

- 2 small cups of water
- 20 grammes of red gelatine
- 1 cup sugar
- 2 tablespoonfuls of lemon juice
- 1 small cup of fruit juice
- 1 egg white
- 4 or 6 bananas

Allow the gelatine to become soft in cold water during 15 minutes. Rinse and boil with the water, sugar, juices and the egg white, stirring all the while. Cover it and allow to rest during ten or fifteen minutes.

In a mould wetted with water place in the meantime the bananas cut in round slices, on which the gelatine, after passing it through a cloth, has been placed. Pour the gelatine slowly, to allow time for the different layers to gradually harden so that the banana round slices remain in the proper place.





# Bananas with Figs

- 6 bananas
- $\frac{1}{2}$  cup cream
- 6 ripe figs
- sugar
- 1 small drinking glass of Sherry Brandy.

Cut the bananas lengthwise and then in small-pieces. Put in a dish, placing the figs in the centre and the bananas around. Powder with sugar, sprinkling with Sherry Brandy.

Allow an hour's rest in a refrigerator and cover with cream slightly beaten with sugar.

# Bananas cooked in lemon juice

- 6 bananas not too ripe
- $\frac{1}{2}$  cup sugar
- 2 tablespoonfuls of orange juice
- $\frac{1}{2}$  cup pieces of orange
- 2 tablespoonfuls of lemon juice

Cut the bananas lengthwise and place in a special dish for the fire. The pieces of orange are placed on the bananas, powdering them with sugar. Add the lemon juice and cook in a moderate fire during 45 minutes.

Serve hot or cold.

# Banana Jam

1 cup sugar  
1 cup water  
6 bananas  
Stick cinnamon  
Lemon rinds  
1 coffee spoonful of lemon juice.

Place on the fire all the ingredients except the bananas and when they boil add the bananas cut in round slices. When they again boil withdraw from the fire.

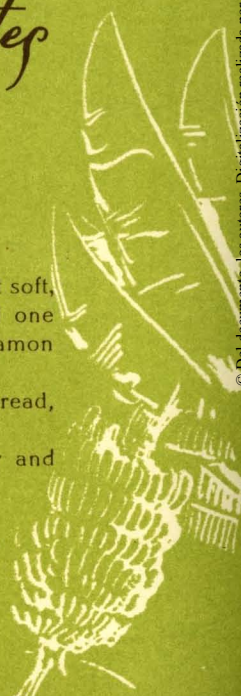
# Banana Croquettes

3 green bananas  
1 tablespoonful of lard  
 $\frac{1}{2}$  teaspoonful of sugar  
1 do. of salt  
 $\frac{1}{2}$  do. of cinnamon  
3 eggs  
 $\frac{1}{2}$  cup grated bread

Once the bananas have boiled till they get soft, peel them and knead them while hot. Add one half of the beaten eggs, the lard, salt, cinnamon and sugar.

Form the croquettes, wrap them in grated bread, egg and again grated bread.

Fry in plenty of hot lard, rinse on paper and serve hot with fruit jam.



# Banana Soufflé

- 3 bananas
- 1 decilitre of milk
- $\frac{1}{2}$  cup sugar
- The juice of one lemon
- 2 eggs

Sift the bananas through a purée press. To the pulp obtained add milk, the sugar, the lemon juice and the two egg-yolks. Beat the egg-whites till they look like snow, and add slowly to the mixture. Pour the mass into a mould well smeared with lard and cook in the oven during twenty minutes.

Serve while hot.

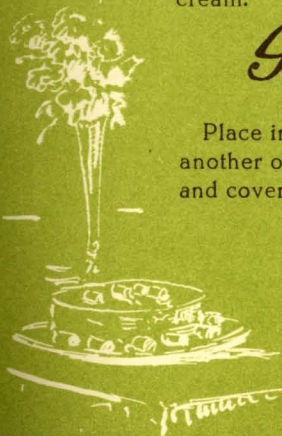
# Banana and Orange salad

- 5 bananas
- 5 oranges
- $\frac{1}{2}$  cup "Chantilly" cream.

Peel and cut both fruits in round slices peeling the oranges carefully. Place in a cup, powder with sugar and decorate with small pieces of "Chantilly" cream.

# Savory Bananas

Place in a soup dish a layer of strawberries and another of banana round slices 1 centimetre thick, and cover them with cream beaten with sugar.



# Banana Gustard

- 6 bananas
- 4 cups of milk
- 6 eggs
- 1½ cups sugar
- 2 tablespoonfuls of wine or grape juice.

Knead the bananas and sift them. Add boiled milk and sugar, and place on weak fire, stirring all the while with a wooden spoon, till it thickens to resemble cream.

Smear a mould with marmelade and add the cream, boiling in a water-bath till the mixture becomes solid.

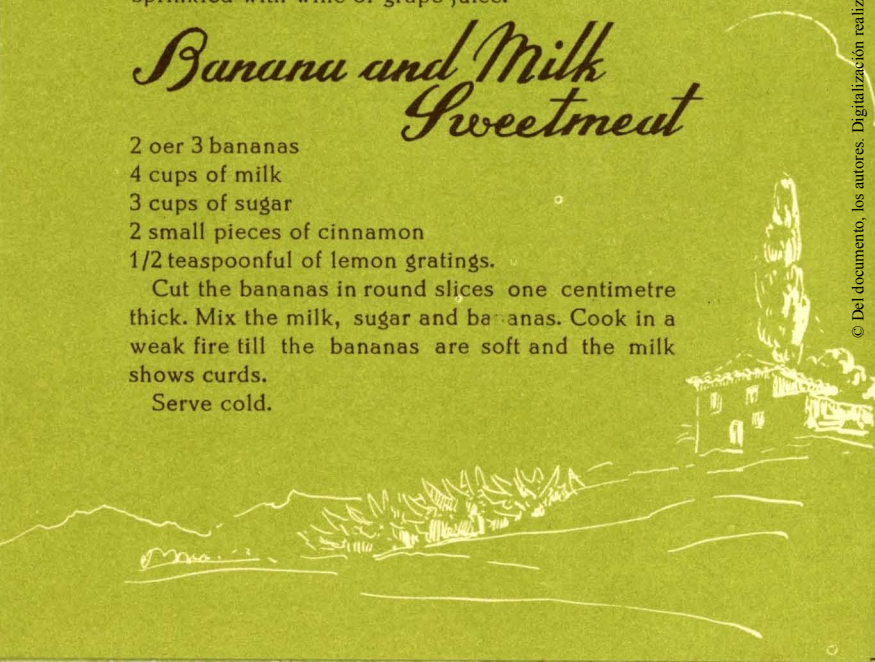
After it is cold withdraw from mould and serve sprinkled with wine or grape juice.

# Banana and Milk Sweetmeat

- 2 or 3 bananas
- 4 cups of milk
- 3 cups of sugar
- 2 small pieces of cinnamon
- 1/2 teaspoonful of lemon gratings.

Cut the bananas in round slices one centimetre thick. Mix the milk, sugar and bananas. Cook in a weak fire till the bananas are soft and the milk shows curds.

Serve cold.



# Banana Pudding

(First Recipe)

4 or 5 bananas  
6 thin strips of bread  
1 tablespoonful of lard  
2 eggs  
1/2 litre milk  
sugar  
raisins without seeds

In a mould smeared with lard place alternate layers of bread strips and bananas, having the melted lard handy to pour it on the layers of bread, while the raisins and sugar are distributed between the layers of bread and bananas.

Beat the eggs, mix them with the milk and pour on the pudding.

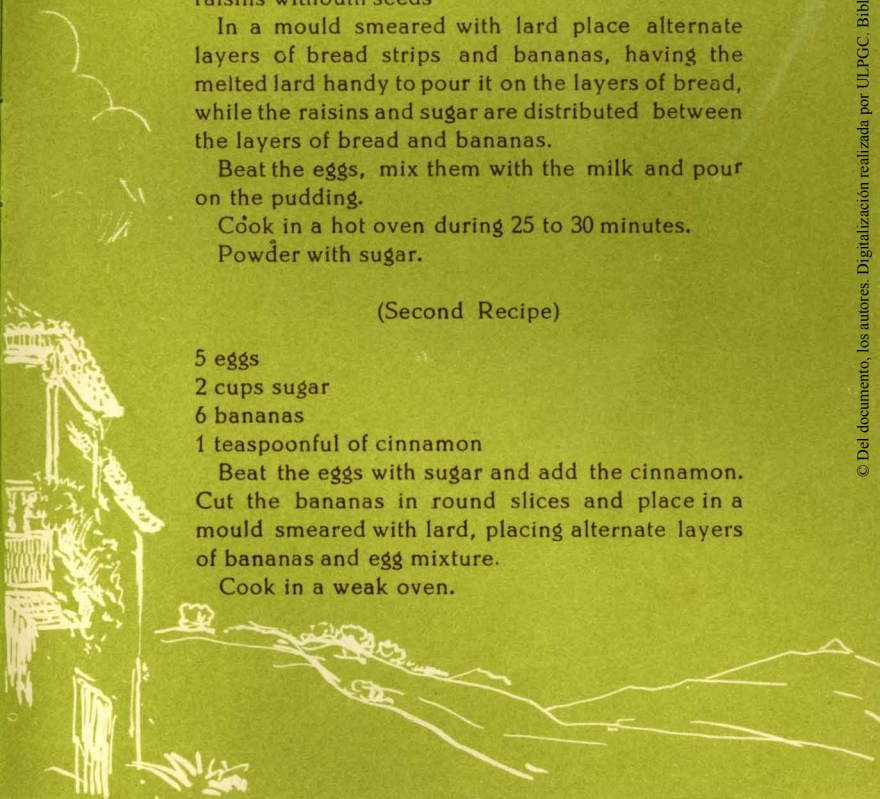
Cook in a hot oven during 25 to 30 minutes.  
Powder with sugar.

(Second Recipe)

5 eggs  
2 cups sugar  
6 bananas  
1 teaspoonful of cinnamon

Beat the eggs with sugar and add the cinnamon. Cut the bananas in round slices and place in a mould smeared with lard, placing alternate layers of bananas and egg mixture.

Cook in a weak oven.



# Banana Marmelade

6 cups of banana pulp  
6 cups sugar  
1½ cups water  
The juice and rind of a lemon

Smash the bananas and sift through a sieve. The pulp thus obtained is mixed with the sugar, the water, the juice and rind of the lemon, and it is all boiled during about a half hour, stirring all the while.

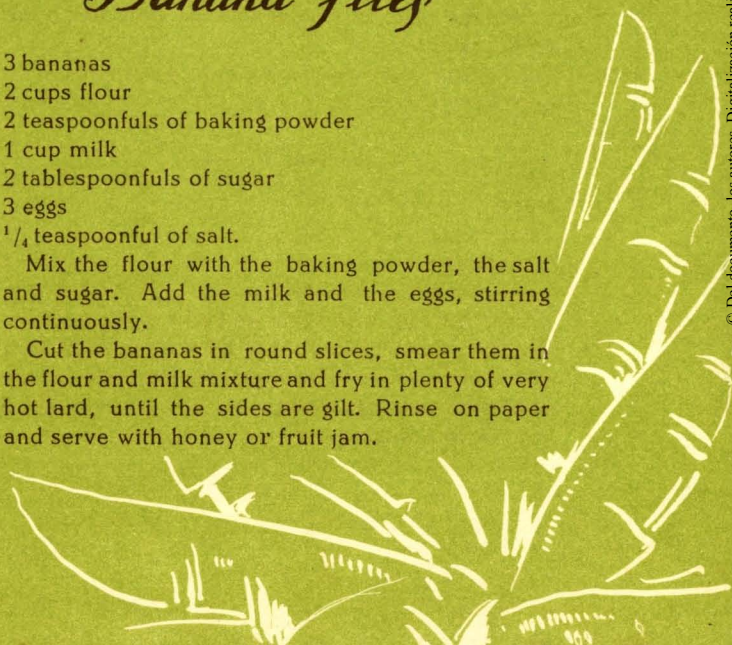
This marmelade keeps for an indefinite length of time if placed in glass jars occluded with paraffine.

# Banana fries

3 bananas  
2 cups flour  
2 teaspoonfuls of baking powder  
1 cup milk  
2 tablespoonfuls of sugar  
3 eggs  
¼ teaspoonful of salt.

Mix the flour with the baking powder, the salt and sugar. Add the milk and the eggs, stirring continuously.

Cut the bananas in round slices, smear them in the flour and milk mixture and fry in plenty of very hot lard, until the sides are gilt. Rinse on paper and serve with honey or fruit jam.



# Foamy Banana Tart

125 grammes of lard  
2 eggs  
3 cups wheat flour  
1 cup sugar  
2 teaspoonfuls baking powder

Beat the eggs and the sugar with a part of the flour mixed with baking powder. Work the mixture with the lard, add slowly the balance of the flour, until you get a mixture suitable to knead. Spread the mixture in an opening mould smeared and powdered with flour, and place in the oven during a half hour.

After it gets cold, place in the bottom of the tart thin strips of banana wetted with lemon juice. Spread on them peach jam and on it a mass of meringue obtained by beating 2 egg-whites to the point of snow with 100 grammes of sugar.

Place in the oven to dry.

# Banana Coast

6 strips of bread  
3 bananas  
lard  
sugar

Cover the bread strips, which should not be over half a centimetre thick, with lard, and place on same the bananas sliced round, powder with sugar and roast slowly in a gridiron.

