

# Chicken Fried Banana Blossoms

Servings ~ 4

2 - 3 cans banana blossoms in brine (20 oz)  
frying oil

## Flour Mixture

1 ½ cups all-purpose flour  
1 teaspoon salt

1 tablespoon poultry seasoning

## Batter

1 ½ cups flour  
1 teaspoon seasoning salt

1 cup beer or sparkling water

Rinse and drain the banana blossoms. Pick out the bigger chunks and save the smaller pieces for something else (like marinated on top of a salad, or mixed into a taco filling).

In separate bowls, combine the ingredients for the flour mixture and whisk together the ingredients for the batter.

In a pot or wok, heat the frying oil to 325 - 350°F. (Attach a candy thermometer to the side of the pan, so that you can monitor the heat.) There should be about 1" of oil, so make sure you leave enough space in the pot/wok, so that it doesn't spill over.

Coat the banana blossoms in the flour mixture. Then dip them in the batter. Carefully lower them in the oil. Let them fry for about 4-5 minutes until golden brown, flipping them once.

Transfer the fried banana blossoms onto a kitchen paper to blot the excess oil.

## Tips:

You can make this Vegan Fish by replacing the poultry seasoning with 1 tsp dry dill and 1 tablespoon of nori powder (dry seaweed whirled in a spice grinder). Add 1 tablespoon of pickle juice, and 1 tablespoon of lemon juice to the batter. Go British and serve with fries (aka chips), tartar sauce, and malt vinegar.

You can re-use the frying oil. Let it cool off completely, then pour it through a strainer to remove small bits and crumbs. Fill it in a bottle and store it at room temperature. You can use it for approx. 3 times.