

A Date With Plantain

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A Date with Plantain. If you don't know how easy it is to cook delicious dishes with plantain you may be in for a pleasant surprise. It's easy to find, quick to cook, nutritious and delicious. These 51 ways with plantain have something for everyone - smoothies, snacks, starters, salads, mains, desserts and tapas-style entertaining tips.

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In A Date with Plantain Patti takes a basic staple ingredient and creates an array of interesting,

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fun dishes packed full of exploding flavours. Even traditional dishes have received the "Plantain Patti" makeover, go on give plantain a go!

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Plantains are cooked green, semi-ripe or fully-ripe. Treat them like a starchy vegetable and use in savoury or sweet dishes. Before cooking, peel by top and tailing the fruit, then cut along the

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[EPUB] A Date With Plantain Plantain a date with plantain Re-Discovering Plantain Plantain Plantain is a low dwelling perennial plant with oval, ribbed short-stemmed green leaves and can be found almost everywhere in New Zealand as in most of the world though is thought to A Date With Plantain - 44zxcbabygenderpredictorco Date With Plantain A Date With Plantain Thank A Date With Plantain ...

If you don't know how easy it is to cook delicious dishes with plantain you may be in for a pleasant surprise. It's easy to find, quick to cook, nutritious and delicious. These 51 ways with plantain have something for everyone - smoothies, snacks, starters, salads, mains, desserts and tapas-style entertaining tips. Why focus on plantain I hear you ask. I had so many positive comments about the plantain recipes in A Plate in the Sun that I planned a plantain chapter for my next book. Once I started talking through ideas with friends I quickly realised that this chapter was my next book. There's nothing complicated about cooking with plantain and I'm sure you will find it enjoyable. Is it the perfect ingredient? One of the many exciting things about plantain is its versatility and ability to combine with other tastes and textures. Its distinct and subtle flavours across all stages of ripeness, from green to yellow to black, can bring variation and another layer to favourite recipes. I sometimes break with tradition and explore classic recipes to create fusions from around the world. From burgers to brownies, to chutneys to dim sums. From a simple grilled snack like "Kofi-Brokeman," to a Sunday special of plantain stuffed lamb, there's a lot to discover and enjoy - little wonder plantain is so popular across

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more than half the planet including Africa, the Caribbean, Asia and the Americas. Foreword by Jean-Christophe Novelli: Patti has once again out-done herself in her new book and provided the readers with such a fabulous explanation of how to incorporate readily available products in Europe into her wonderful style of flavour filled cooking. Having known Patti for several years and valued her huge contribution to my Novelli Academy in Hertfordshire not only for corporate and individual events but also as a resident Chef in the Academy offering her own unique expression and passion for food, I know that you, your family and friends will enjoy using this inspiring recipe book. This book not only explains successfully the health benefits of plantain but also its underestimated versatility that Patti has managed to explain in such an easy to follow method. Bon appetit. Foreword by Felice Tocchini: I have always considered cooking as a form of art, after all you start with loads of ingredients of various textures, colours, smell and taste and you mix them together to create your work of art.... the plate is the frame, the cook the artist; so if you run with my idea the dishes that he /she create will have to reflect the mood, origins and passion of the person cooking. Patti has managed to capture all of this in her book, and if you have never had the pleasure of meeting Patti in person you have only got to read through the book and cook some of the recipes to understand the kind of person she is. I first met Patti on my first visit to the Novelli Academy some 3 years ago, and I have had the pleasure to work with her on a regular basis since. We often discuss the similarity between Italian and Ghanaian cuisine, the dishes her mother and grandmother prepared and how easy it is nowadays to find the same ingredients used back home in Ghana. True to her Ghanaian origins, Patti cooks from the heart but she is not afraid to break the traditions of family dishes and make them hers by adding new ingredients here and there. In A Date with Plantain Patti

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takes a basic staple ingredient and creates an array of interesting, fun dishes packed full of exploding flavours. Even traditional dishes have received the "Plantain Patti" makeover, go on give plantain a go!

Set in the neighbourhood of “Little Jamaica,” *Frying Plantain* follows a girl from elementary school to high school graduation as she navigates the tensions between mothers and daughters, second-generation immigrants experiencing first-generation cultural expectations, and Black identity in a predominantly white society. Kara Davis is a girl caught in the middle — of her North American identity and her desire to be a “true” Jamaican, of her mother and grandmother’s rages and life lessons, of having to avoid being thought of as too “faas” or too “quiet” or too “bold” or too “soft.” In these twelve interconnected stories, we see Kara on a visit to Jamaica, startled by the sight of a severed pig’s head in her great-aunt’s freezer; in junior high, the victim of a devastating prank by her closest friends; and as a teenager in and out of her grandmother’s house, trying to cope with ongoing battles of unyielding authority. A rich and unforgettable portrait of growing up between worlds, *Frying Plantain* shows how, in one charged moment, friendship and love can turn to enmity and hate, well-meaning protection can become control, and teasing play can turn to something much darker.

From its early beginnings in Southeast Asia, to the machinations of the United Fruit Company in Costa Rica and Central America, the banana's history and its fate as a victim of fungus are explored.

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A comprehensive guide that covers the banana's full value chain – from production to consumption. The banana is the world's fourth major fruit crop. Offering a unique and in-depth overview of the fruit's entire value chain, this important new handbook charts its progression from production through to harvest, postharvest, processing, and consumption. The most up-to-date data and best practices are drawn together to present guidelines on innovative storage, processing, and packaging technologies, while fresh approaches to quality management and the value-added utilization of banana byproducts are also explained. Additionally, the book examines the banana's physiology, nutritional significance, and potential diseases and pests. The book also Edited by noted experts in the field of food science, this essential text: Provides a new examination of the world's fourth major fruit crop Covers the fruit's entire value chain Offers dedicated chapters on bioactive and phytochemical compounds found in bananas and the potential of processing byproducts Gives insight into bananas' antioxidant content and other nutritional properties Identifies and explains present and possible effects of bioactive and phytochemical compounds Handbook of Banana Production, Postharvest Science, Processing

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Technology, and Nutrition offers the most far-reaching overview of the banana currently available. It will be of great benefit to food industry professionals specializing in fruit processing, packaging, and manufacturing banana-based products. The book is also an excellent resource for those studying or researching food technology, food science, food engineering, food packaging, applied nutrition, biotechnology, and more.

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