



Thai Fried Banana Spring Rolls Recipe - Thailand



Ingredients:

- 2 bananas
- spring roll wrappers, as needed
- oil for frying, enough to deep-fry
- *Ice cream, optional*

Equipment:

- Cutting board & knife
- Small bowl of water for sealing the rolls
- Frying pan or wok
- Tongs
- paper towels or wire rack

Instructions:

1. Prepare the bananas. Peel the bananas and slice them in half crosswise. Cut each half again lengthwise. Set aside.
2. Assemble the spring rolls. Place one wrapper in front of you like a diamond. Add a piece of banana near the bottom corner. Fold the bottom corner over the banana and roll it up. Fold in the left and right corners toward the center. Continue rolling tightly upward and seal the top corner with a dab of water.
3. Fry until golden. Heat oil in a deep pan over medium heat (about 160–170°C or 320–340°F). Fry the rolls in batches until golden and crispy. Drain on paper towels.
4. Serve with toppings. Drizzle with sweetened condensed milk or caramel sauce, and sprinkle with sesame seeds, crushed peanuts, or coconut flakes. Serve warm and enjoy!
5. **Can be served with ice cream*

Bolinhos de Chuva (Brazilian Raindrop Beignets) - Brazil



Ingredients:

- 1 egg
- 1 tablespoon unsalted butter, room temperature
- ⅓ cup sugar
- ½ teaspoon kosher salt
- 2 teaspoons baking powder
- 2 cups all-purpose flour
- ½ cup milk
- Oil for frying
- Cinnamon and sugar for dusting

Instructions:

1. In a large bowl, whisk the egg, butter, sugar and salt until smooth.
2. Slowly add the flour, baking powder and milk, stirring carefully with a wooden spoon, until you have a thick but cohesive batter.
3. In a large pot, heat several inches of vegetable oil to 360 degrees F.
4. Using two spoons, scoop some of the batter and scrape it off into the hot oil. Make sure to work in batches, frying about 5 to 6 beignets at a time, flipping them occasionally for even browning. They should take 3-4 minutes until golden brown and cooked through. Using a slotted spoon, remove the fried bolinhos from the oil and transfer to a plate lined with paper towel to drain the excess oil.
5. While they are still hot, roll or dust with sugar and cinnamon.
6. Serve immediately!



Garlic Cheese Drop Biscuits

Ingredients:

- 4 Tablespoons unsalted butter, melted
- 1 cup all-purpose flour
- 1 Tablespoon granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon baking soda
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- ½ cup buttermilk
- ½-1 cup sharp shredded cheddar cheese, use a thick shred, *not* finely shredded

Topping

- 2 Tablespoons salted butter, or unsalted, just add a dash of salt
- ⅛ teaspoon garlic powder
- ¼ teaspoon dried parsley

Instructions:

1. Preheat oven to 450F and line a baking sheet with parchment paper. Set aside.
2. Melt your butter and set it aside so it can begin to cool.
3. In a large bowl, whisk together flour, sugar, baking powder, baking soda, salt, and garlic powder.
4. In a separate bowl (or in a large measuring cup) whisk slightly cooled butter into buttermilk (it's OK if the butter begins to re-solidify or the mixture looks curdled).
5. Pour buttermilk mixture into flour mixture and stir until just-combined.
6. Use a spoon or spatula to gently stir cheese into batter until incorporated.
7. Using a pair of spoons, drop batter by heaping spoonfuls (about 3 Tbsp in size) onto prepared baking sheet, spacing at least 2" apart.
8. Transfer to 450F oven and bake for 10-12 minutes or until light golden brown.
9. Meanwhile, prepare topping by whisking together butter, garlic powder, and dried parsley.
10. When biscuits are finished baking, brush generously with butter mixture (use a pastry brush, or if you don't have one simply spoon some of the butter on top of each biscuit).
11. Serve warm.

WEEK 3: BBL OLYMPICS

COOK. COMPETE. CELEBRATE.

Let the games (and the flavors) begin!



Bajan Fried Bakes - Barbados



Ingredients:

- 2 cups all purpose flour
- 2 1/2 teaspoons baking powder
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 1 teaspoon vanilla/almond essence
- 1 - 1 1/2 cups water
- Vegetable/Corn Oil (for frying)

Instructions:

1. Combine all dry ingredients in a mixing bowl.
2. Add essence and water gradually to create a stiff consistency.
3. Heat the oil in a frying pan.
4. When hot, drop spoonfuls of the mixture into the oil and allow to fry on each side, until each side is golden brown.
5. Remove from oil and allow to drain and cool.
6. Enjoy your Bajan bakes!

Cheese Empanadas - Chile



Ingredients:

- 1 12- pack package empanada dough, we use La Saltena brand, make sure you get the kind specifically for frying
- 3/4 lb. jack cheese, grated
- 1 egg, beaten
- Vegetable oil, enough for deep frying

Instructions:

1. In a bowl, mix together the beaten egg and jack cheese.
2. Lay out the empanada dough rounds and put some water into a bowl.
3. Using a pastry brush (or your fingers), put water around the edges of each empanada dough round.
4. Place about 1 heaping tablespoon of the jack cheese mixture on each round (may vary depending on the size of your rounds.)
5. Fold over each round into a half-moon shape and crimp the edges with a fork.
6. Heat oil in a deep saucepan to 350 degrees Fahrenheit.
7. Prepare a cooling rack covered paper towels and keep close to the frying station.
8. When oil is heated fully, place 2-3 empanadas (based on the size of your pan, don't overcrowd them) and cook them until golden brown on both sides, about 2-3 minutes.
9. Repeat until all empanadas are cooked, letting cool on the prepared cooling rack.
10. Serve hot, and with powdered sugar if desired. Yummy! Enjoy :)