

GUAM RIPE COOKING BANANAS IN COCONUT MILK WITH METRIC MEASUREMENTS

This is the same sweet gollai áppan aga' recipe in my cookbook, *A Taste of Guam*; however I did triple the recipe and I added metric measurements. This recipe freezes very well so I cut each banana in thirds then in half so they fit better in my containers.

INGREDIENTS

Set 1

8 to 9 large ripe plantains or cooking bananas

3 – 13.5-ounce cans or about 1.18 liters of coconut milk

¼ cup and 2 tablespoons or 75 grams granulated sugar

Cinnamon

Tools: large pot, rubber spatula

DIRECTIONS

Remove the ends of the bananas, cut into halves or thirds, then peel and discard skins. Pour one-third the coconut milk into a cold pot, half the sugar, and a sprinkle of cinnamon; stir.

Add half the bananas then top with another third of milk, the rest of the sugar, and more cinnamon. Add remaining milk. Stir gently to combine.

Cover the pot and bring to a simmer. Simmer for 15 minutes. Uncover the pot then gently move the bananas around. Simmer uncovered until the bananas are soft, and the coconut milk has thickened to your liking.

Cool then transfer to containers if you will be freezing this dish. Label containers. Place in fridge to cool completely overnight, then place in freezer.

Recipe courtesy Paula Quinene of PaulaQ.com.