

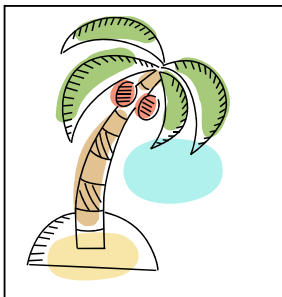
Coconut Squares

Ingredients:

- 75g cornflour
- 175g brown sugar
- half a vanilla pod
- 480ml water
- pinch of salt
- 175g dessicated coconut

Step-by-step

- Place the cornflour in a small cup and add a little of the water to make a thin paste
- Ask an adult to help you place the remaining water in a saucepan together with the sugar, vanilla and salt, bring to the boil and stir until the sugar has dissolved.
- Remove from heat, stir in the corn paste then return to the heat and simmer for about 3 minutes, stirring constantly.
- Remove the vanilla stick and pour the mixture in a shallow tray so that the liquid is a little less than 2.5cm deep. Put aside to cool and set.
- Once cold, cut the cornflour mixture into 2.5cm squares and roll the cubes in the coconut to coat



Did you know?

Coconuts grow on trees called coconut palms. These are tall trees with feather-like leaves. Like bananas, coconuts cannot grow in the UK because of our cold climate. Long ago, coconuts fell into the sea and floated thousands of miles to wash up on beaches of other countries. Coconuts are actually seeds, so they soon took root in their new homes.



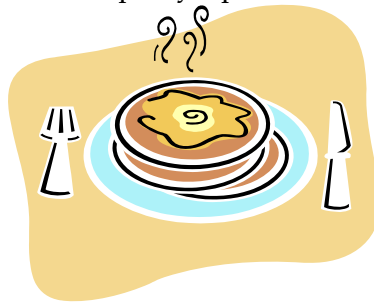
Banana Pancakes

Ingredients

- 125g plain flour, sifted
- 1 egg, beaten
- 300 ml milk
- 3 ripe bananas
- oil for frying

Step by Step:

- Place the flour, egg and milk into a large mixing bowl and beat until smooth
- Peel the bananas, place in a shallow dish and mash until smooth
- Add the mashed banana to the batter and mix well
- Ask an adult to help you brush a frying pan with oil and heat until hot. Pour in enough batter for one pancake and cook over a medium heat until just set.
- Turn the pancake and continue to cook over a medium/low heat until golden and risen.
- Transfer to the oven and keep warm whilst you cook the remaining pancakes. Serve warm with golden or maple syrup.



Totally bananas!

Wild bananas grow on a plant that looks like a tree and can be as tall as your house. Banana plants live in tropical countries - our climate is not hot or humid enough for them. People now grow different varieties of banana - you can get yellow, green and even red bananas!

Thanks to www.recipes4us.co.uk for allowing us to share these great mouthwatering recipes and try a taste of Indonesia! You might need to get an adult to help you with some of the instructions.