

# XCentric Ideas

July 2021  
Volume 16 — Issue 3  
by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

Recipes using  
curry powder,  
banana and  
coconut

Recipes and photos:  
Alma Pretorius



# Peanut butter, curry, banana and coconut smoothie

2 tablespoons smooth/crunchy peanut butter  
1 teaspoon curry powder  
1 teaspoon banana essence  
2 tablespoons desiccated coconut  
6 tablespoons double cream yogurt  
2 tablespoons white sugar / honey  
3/4 cup milk (or more, depending on your taste)

Blend and enjoy.

*Note: sounds weird? All flavors that go well together – in liquid form.*



# Banana curry jam

Makes about 1 cup

330 g bananas (weighed without peels)

150 g white sugar

1 tablespoon lemon juice

2 teaspoons curry powder



In medium pot, mash the bananas with a fork until chunky – add sugar and on medium heat, stir and bring to a simmer. Add the lemon juice and curry powder – stir occasionally – cook at a steady simmer – about 10 minutes, until slightly thickened. Remove from heat, spoon into sterilized jars, seal with lid and keep in fridge.

*Note: Use on toast, scones, pancakes, vanilla cupcakes or muffins. The curry gives this jam a lovely flavor.*

## Scone with banana curry jam

Scones, halved  
Banana curry jam  
Double cream yogurt  
Desiccated coconut



Mix the yogurt with coconut till you're happy with the taste. Spread butter onto your scone halves. Spoon some banana curry jam on top. Top with coconut yogurt.

*Note: bananas, curry and coconut – absolutely delicious on fresh scones!!! I used to buy Lancewood Coconut Yogurt .. when I couldn't find it, I thought ... why not make my own.*

## Banana salad with curry & coconut

Sliced bananas  
Curry powder (to taste)  
White sugar  
Mayonnaise  
Salt and pepper, to taste

Mix the mayo with curry and white sugar – taste and season with salt & pepper.  
Pour over sliced bananas and mix well.



# Potato salad with curry and bananas

Cooked potatoes

Mayonnaise

Curry powder, to taste

White sugar, to taste

Banana essence, to taste

Salt and pepper

Banana slices (optional)



Halve, slice or cube potatoes. (I've cooked my halved potatoes with skin on.) Mix the mayo with curry, sugar, banana essence and banana slices (if you're using). Taste, season with salt and pepper. Pour over potatoes and mix.

# Curry sauce, banana and coconut muffins

Makes 12

1 cup self raising flour  
1 cup curry sauce  
1 large egg, beaten  
1/2 cup milk  
1/4 cup vegetable oil  
12 slices fresh banana  
Desiccated coconut to roll bananas in  
Salt and pepper to taste



Preheat oven to 190 °C. Grease a 12 muffin pan.

Mix the milk, oil, egg and HALF A CUP (1/2 CUP) curry sauce together. (*Note: sometimes you have leftover curry sauce from a curry dish.*) Add the self raising flour, salt and pepper. Roll each slice of banana in desiccated coconut.

Into each muffin hole, spoon 1 tablespoon of curry-flour mixture. Spoon some curry sauce on, place the coconut-banana slice on and cover with another spoon of curry-flour mixture.

Bake for 25 minutes (or till test skewer comes out clean). Let cool in pan for about 5 minutes, remove and let it cool down for 5 more minutes on wire rack. Enjoy.

# Vanilla muffins with curry, banana and coconut

Makes 24

- 1 kg Golden Cloud vanilla muffin mix
- 4 large eggs
- 1 cup vegetable oil
- 2 cups water
- 4 tablespoons (or less) curry powder
- 4 tablespoons banana essence (ESSENTIAL)
- 2 cups desiccated coconut
- Extra desiccated coconut to sprinkle on top

Preheat oven to 180 °C. Prepare 2 x 12 muffin pans. In a bowl mix the vanilla mix with the curry powder and coconut. In another bowl, beat the eggs, oil, water and banana essence together – mix with the flour mixture. Spoon into muffin pan. Sprinkle extra coconut on. Bake for 20 minutes, or till test skewer comes out clean.

*Note: This is how you jazz up a vanilla muffin mixture. These are insane!! I've only made 6 muffins, so I had to divide this recipe by 4. Banana essence is a MUST!*



# Date bites with curry, coconut and banana

Makes about 16 bites, depending on size

109 g pitted dates, chopped up finely

1/4 cup desiccated coconut

2 teaspoons curry powder (or less)

1 tablespoon banana essence

Extra coconut to roll in



Add extra coconut in a plate. In food processor add the chopped dates, the 1/4 cup coconut, curry powder and banana essence. Process. It will be crumbly.

Take a tablespoon full, compress it in one hand, then other hand – continue until it's compacted and then form a ball. Roll in coconut. Place on plate in fridge/freezer for 1 hour – then you can store it in Ziplocks / containers in fridge/freezer. Before you want to eat them, remove from fridge/freezer so that they reach room temperature. It increases the flavors.

*Note: by compressing the mixture in your hands, the heat 'molds' it together.*

**INSANE RECIPE** – If you don't  
try anything else, bake these ...

## Curry, banana and coconut cookies

Makes 20-24, depending on size

7 tablespoons (50 g) vegetable oil

1 large egg

1 cup self raising flour

3 tsp banana essence (ESSENTIAL)

1 - 3 heaped teaspoons Traditional Masala curry powder

1/2 cup white sugar

Desiccated coconut to roll in

Preheat oven to 170 °C. Spray baking sheet. Mix all together EXCEPT THE COCONUT. Lightly roll small balls, roll in coconut, put on baking sheet (no need to press down but keep a distance they do spread) and bake for 12 minutes. Let cool on baking sheet for 5 minutes. Remove and let cool.

*Note: we like strong curry, so I've used 3 teaspoons. Banana essence you'll find in PnP / Checkers.*



# Peanut butter, curry, banana and coconut cookies

Makes about 24 cookies, depending on size

400g peanut butter (smooth or crunchy)

1/4 cup sugar (or more)

1 large egg

1 - 3 teaspoons Roasted Masala curry powder

3 teaspoons banana essence (ESSENTIAL)

Desiccated coconut to roll in



Preheat oven to 180 °C. Mix the peanut butter, sugar, egg, curry powder and banana essence together. Spray baking sheet. Form small balls, roll into coconut, place on baking sheet and lightly press down with a fork. Bake for 12 minutes. Let cool.

*Note: we like strong curry, so I've used 3 teaspoons. Banana essence (Pick 'n Pay/Checkers) is a must!*