

Wednesday, October 25, 1972

Banana Recipes Score High

By ELLY
Bananas have never exactly struck us as typical football season fare. But the Chiquita banana people have come along with a batch of kitchen-tested recipes that convinced us.

Their Touchdown Toast, Tackler's Treats, Linebacker's Breakfast Souffle and Half-Time Cupcakes should win points with the football fans around the TV set or the players themselves.

The recipes are based on NFL training table foods.

TOUCHDOWN TOAST
2 eggs
1 c. milk
1/4 t. salt
1 t. ground cinnamon
8 slices bread, crusts removed
2 c. wheat cereal, crushed with a rolling pin
2 ripe bananas

Beat eggs slightly; add milk, sugar, salt and spices. Mix thoroughly. Cut bread in half diagonally. Dip in egg-milk mixture, then in cereal crumbs, coating both sides with the crumbs. Cover the bottom of a skillet with oil and fry the bread pieces on both sides until brown. Drain on a paper towel and keep warm in oven until all are cooked. Add more oil as needed. Slice bananas and put between two diagonal, cooked bread pieces to make a sandwich. Serve hot with syrup. Makes eight servings.

TACKLER'S TREATS
4 T. softened butter or margarine
1/2 c. sugar
1/2 c. milk
1 egg
1 t. lemon juice
1 c. flour
1/2 t. baking soda
1/2 t. salt
1/4 t. each cinnamon, allspice
1 large ripe banana, minced
1 c. crushed Wheaties.

Cream butter and sugar until fluffy; beat in the egg. Combine milk and lemon juice; gradually add to creamed mixture. Mix in sifted flour, soda, salt and spices. Fold bananas and Wheaties in lightly. Drop by spoonfuls on greased baking sheet about three inches apart. Bake in preheated 375-degree oven for 10 or 12 minutes or until lightly colored. Remove with a spatula to a wire rack to cool. Makes about 24 2 1/2-inch cookies. To keep a few days, place waxpaper between cookies and wrap loosely in foil.

HALF-TIME CUP CAKES
1/2 c. sifted all-purpose flour
1 c. granulated sugar
1 t. baking powder
1/2 t. baking soda
1/2 t. salt

1 c. commercial sour cream
1/2 c. fully ripe mashed banana
1/4 c. butter
2 eggs
Confectioners' powdered sugar

Blend dry ingredients. Add sour cream, banana, butter and eggs. Mix at low speed of electric mixer until blended, about one minute, or mix by hand with a spoon. Fill paper cups two-thirds full. Bake in a preheated 350-degree oven for 25 to 30 minutes. Cool. Sprinkle with confectioners' sugar. Makes about 24 cupcakes.

LINEBACKER'S BREAKFAST SOUFFLE
6 to 8 slices bacon
2 T. bacon grease
2 T. flour
1/2 c. milk
1/2 c. milk
3 eggs, separated
1 ripe banana, mashed

Fry bacon until crisp; chop and reserve. In a medium saucepan, heat bacon grease, add flour and salt and cook one minute. Mix in the milk and cook until the sauce becomes very thick and pulls away from the sides of the pan. Remove from heat at a time, beating vigorously after each addition. Mix in the banana. Whip egg whites until soft peaks form. Add about one cup of the whipped whites to the sauce mixture. Fold into mixture with a rubber scraper, using an up and over motion. Fold in the chopped bacon then gently fold in remaining egg whites. Scrape into a one-quart, ungreased souffle dish. Bake in preheated 350-degree oven for 30 to 35 minutes until golden brown. Makes four servings.

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Blend dry ingredients. Add sour cream, banana, butter and eggs. Mix at low speed of electric mixer until blended, about one minute, or mix by hand with a spoon. Fill paper cups two-thirds full. Bake in a preheated 350-degree oven for 25 to 30 minutes. Cool. Sprinkle with confectioners' sugar. Makes about 24 cupcakes.

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