

CHIQUITA
BANANA'S

Recipe Book







BANANAS

COOKED, pages 2-7

SALADS 8-13 DESSERTS 14-20, 23

CAKES 16 and 23 COOKIES 17 PIES 18

SAUCES 19 DAIRY DISHES 19-21 BREADS 22-23

If the bananas you buy in
the store have green tips
like this...  or are all
yellow like this... 
let them ripen at home
like this...  ...at
comfortable room tem-
perature until they have
brown flecks like this... 



Do not place bananas in refrigerator,
as low temperatures prevent
proper ripening.

**BANANAS ARE FULLY RIPE ...
BEST FOR EATING ...
WHEN PEEL IS YELLOW
FLECKED WITH BROWN**



SUIT THE *Color* TO THE Use

TIPPED WITH GREEN?

The banana is partially ripe. The pulp is firm, starchy, slightly tart. Just ready to bake or broil or fry —cooking brings out a different, delicious flavor.



ALL YELLOW?

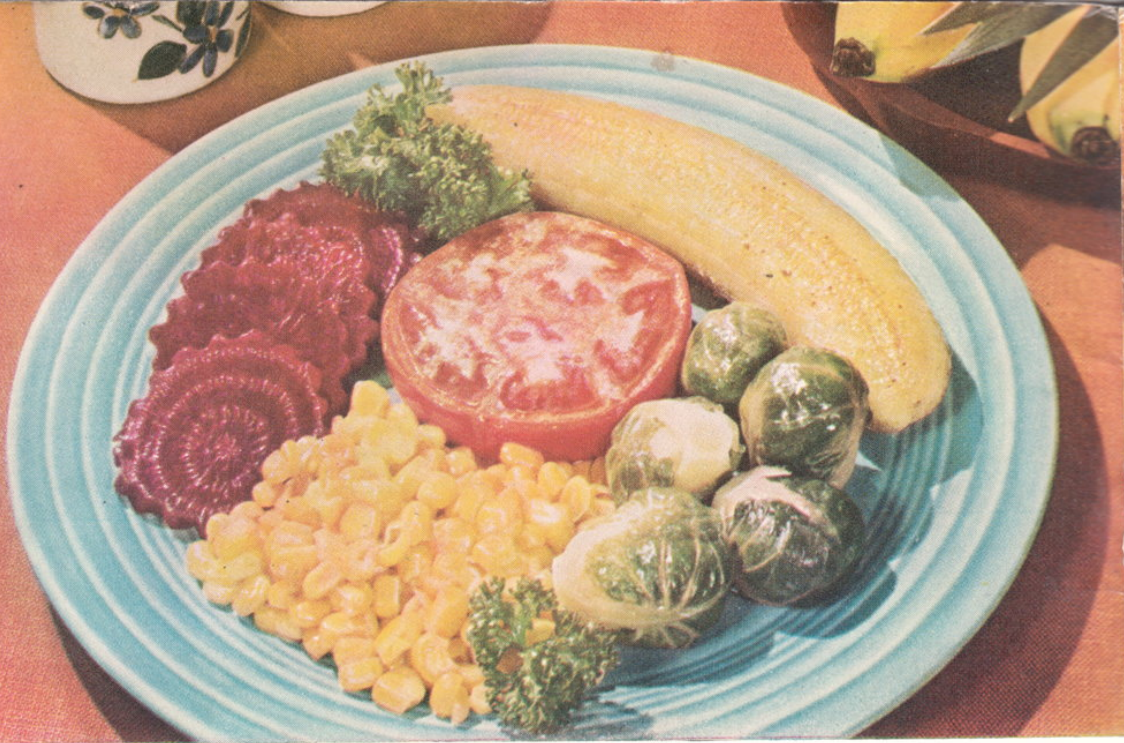
Now it's ready to eat or cook and use as an ingredient in baking.



FLECKED WITH BROWN?

Now it's fully ripe, at its best for eating, infant feeding and as an ingredient in baking. It's sweet, mellow, thoroughly digestible and delicious in fruit cups, salads, desserts and milk shakes.





Chiquita Banana says: Treat your family to

BAKED BANANAS

4 firm bananas* 1½ tablespoons melted butter or margarine Salt

**Use all-yellow or slightly green-tipped bananas*

Peel bananas. Place into well-greased baking dish. Brush well with butter or margarine and sprinkle lightly with salt. Bake in a moderate oven (375°F.) 15 to 18 minutes, or until bananas are tender . . . easily pierced with a fork. Serve hot as a vegetable, or as a dessert with cream, syrup or a hot fruit sauce. Four servings.

IMPORTANT: *When browning is desired, place the baked bananas under broiler heat for 1 to 2 minutes.*

Variations

Bananas Baked With Curry Sauce: Pour 1½ cups of your favorite curry sauce over bananas. Bake as above. Serve hot with rice, pork, lamb, chicken, duck or shrimp.

Baked Bananas Served With Sour Cream: To serve as a vegetable, top each hot banana with ¼ cup sour cream. Sprinkle with paprika, if desired.

To serve as a hot dessert, top each banana with ¼ cup sour cream. Sprinkle with sugar, nutmeg or cinnamon, if desired.

Bananas Baked With Cranberries: Pour ¾ cup hot cranberry sauce over bananas. Bake as above. Serve hot with beef, chicken or

turkey. Tart jams, jellies or marmalades may be used in place of cranberry sauce.

Bananas Baked With Brown Sugar: Sprinkle bananas lightly with brown sugar. Bake as above. Serve hot as a sweet entree with beef, ham, lamb or chicken, or as a hot dessert.

Bananas Baked With Applesauce or Apple Butter: Spread bananas evenly from tip to tip with applesauce or apple butter. Use ¼ cup for each banana. Bake as above. Serve as a hot dessert.

Bananas Baked With Orange Sauce: Pour ¾ cup hot Orange Sauce* over bananas. Bake as above. Serve hot as a sweet entree with duck or ham, or as a hot dessert. *Recipe on page 19.



*A new easy way
to cook bananas*

BAKED BANANAS IN THE PEEL

4 firm bananas*
1½ tablespoons melted butter
or margarine
Salt

**Use all-yellow or slightly green-tipped bananas*

Cut off the tips of both ends of each banana. Remove a lengthwise section of the peel, about 1 inch wide, extending from end to end. Brush exposed portion of the pulp with butter or margarine and sprinkle lightly with salt. Place into baking dish. Bake in a moderate oven (375°F.) 15 to 20 minutes, or until peels are dark and bananas are tender . . . easily pierced with a fork. Serve hot as a vegetable. Four servings.

IMPORTANT: When browning is desired, place the baked bananas under broiler heat about 1 to 2 minutes.

HAM BANANA ROLLS

With Cheese Sauce

4 thin slices boiled ham
Prepared mustard
4 firm bananas*
1½ tablespoons melted butter or
margarine
Cheese Sauce

**Use all-yellow or slightly green-tipped bananas*

Spread each slice of ham lightly with mustard. Peel bananas. Wrap a slice of the prepared ham around each banana. Brush tips of bananas with butter or margarine. Place Ham Banana Rolls into a greased shallow baking dish, and pour Cheese Sauce over them. Bake in a moderate oven (350°F.) 30 minutes, or until bananas are tender . . . easily pierced with a fork. Serve hot with the Cheese Sauce from the baking dish. Four servings.



Cheese Sauce

1½ tablespoons butter or margarine
1½ tablespoons flour
¾ cup milk
1½ cups grated sharp American cheese

Melt butter or margarine in saucepan; add flour and stir until smooth. Stir in milk slowly. Add cheese and cook, stirring constantly until sauce is smooth and thickened.
Makes about 1 cup sauce.



BROILED BANANAS

4 firm bananas*
Melted butter or margarine
Salt

**Use all-yellow or slightly green-tipped bananas*

Peel bananas. Place on broiler rack or into pan containing rack. Brush bananas well with butter or margarine and sprinkle lightly with salt. Broil 3 to 4 inches from heat about 5 minutes on each side or until bananas are browned and tender... easily pierced with a fork. Serve hot as a vegetable. Four servings.

Variations

Broiled Bananas With Curry Sauce.

To serve as a hot vegetable, top the broiled bananas with a hot curry sauce.

Broiled Bananas With Applesauce.

For a delicious new flavor, cover each banana with about $\frac{1}{4}$ cup applesauce or apple butter. Top with plain, whipped or sour cream.

Broiled Bananas With Cream.

To serve as a vegetable, top each banana with about $\frac{1}{4}$ cup sour cream. Sprinkle with paprika, if desired.

To serve as a hot dessert, top each banana with plain, whipped or sour cream. Sprinkle with sugar, nutmeg or cinnamon, if desired.



Looks good! Tastes good!



BANANA MIXED GRILL

3 firm bananas*
3 hamburger patties, $\frac{1}{2}$ inch thick
3 tomato halves
Melted butter or margarine
Salt
Parsley

**Use all-yellow or slightly green-tipped bananas*

Peel bananas. Place on broiler rack, or into pan containing a rack, together with meat and tomato halves. Brush bananas and tomato halves with butter or margarine and sprinkle lightly with salt. Broil about 3 inches from heat 5 to 6 minutes, or until bananas and meat are browned. Turn bananas and meat only. Continue broiling 5 to 6 minutes longer or until meat and tomatoes are browned and bananas are tender... easily pierced with a fork. Garnish hamburger patties and tomatoes with small sprigs of parsley. Three servings.

Variations

In place of tomato, use canned peach halves, halves of canned pineapple slices or oranges peeled and cut in slices about $\frac{1}{2}$ inch thick. In place of hamburger, use lamb chops, sausages or frankfurters. Since frankfurters take only 2 to 3 minutes to broil, place these on the rack when bananas are almost done. Turn as required.



Easy to cook . . . a delight to eat!

PAN-FRIED BANANAS

4 firm bananas*

4 tablespoons butter or margarine, melted

Salt

**Use all-yellow or slightly green-tipped bananas*



Peel bananas. Keep whole or cut crosswise into halves. Fry bananas slowly in butter or margarine until tender . . . easily pierced with a fork . . . turning them to brown evenly. Sprinkle lightly with salt. Serve hot as a vegetable. Four servings.

IMPORTANT: *Pan-Fried or Broiled Bananas, served as a hot vegetable, are excellent flavor partners with fish, meat, poultry or eggs for luncheon or dinner.*

Pan-Fried Bananas with hamburger patties and whole carrots make an appetizing, colorful and nutritious plate combination.

BANANAS PAN-FRIED WITH HAM AND EGGS

2 tablespoons butter or margarine

1 slice ham, cut $\frac{1}{4}$ to $\frac{1}{2}$ inch thick

2 firm bananas*

2 eggs

**Use all-yellow or slightly green-tipped bananas*

Melt butter or margarine in large skillet. Cut ham into 2 pieces, and place in skillet. Peel bananas and fry slowly with ham about 8 minutes, turning both bananas and ham frequently to brown evenly. Carefully break 1 egg at a time into saucer; slip each egg, one at a time, into skillet containing bananas and ham. Fry over low heat, about 3 minutes longer or until eggs are set, the ham is browned and bananas are tender . . . easily pierced with a fork. Two servings.

Variation

Bananas Pan-Fried With Sausage or Bacon and Eggs: Sausage or bacon may be used in place of ham but should be fried separately. Sausage or bacon and cooked bananas make an excellent flavor combination.



IMPORTANT: *If your skillet is not large enough to fry this combination together, fry separately, using butter or margarine for the frying when the fat from the ham is insufficient.*



A new, delicious treat from Chiquita's kitchen!

BANANA FRITTERS

Melted fat or salad oil
2 to 3 firm bananas*

$\frac{1}{4}$ cup flour
Fritter Batter

**Use all-yellow bananas*

To deep-fry, have deep kettle $\frac{1}{2}$ to $\frac{3}{4}$ full of melted fat or oil. *To shallow-fry*, have $1\frac{1}{2}$ to 2 inches of melted fat or oil in frying pan. Heat fat to 375° F., or until a 1-inch cube of bread will brown in about 40 seconds. Peel bananas and cut each crosswise into 3 or 4 diagonal pieces. Roll in flour. Dip into Fritter Batter, completely coating the banana pieces with the batter. *Deep-fry or shallow-fry* in the hot fat about 6 minutes, or until well-browned. Turn fritters frequently to brown evenly. Drain on a rack. Serve hot with the main course . . . or serve as a dessert with a hot fruit sauce*, syrup or sweetened whipped cream. Makes 6 to 12 fritters. *Recipes for orange and pineapple sauces, page 19.

Fritter Batter

1 cup sifted flour
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoons salt
 $\frac{1}{4}$ cup sugar
1 egg, well-beaten
 $\frac{1}{3}$ cup milk
2 teaspoons melted shortening

Sift together flour, baking powder, salt and sugar into mixing bowl. Combine egg, milk and shortening. Add to dry ingredients and mix until batter is smooth.

IMPORTANT: *Have fat at correct temperature (375°F.) before frying.*

This is a stiff batter and it makes a crisp fritter which will stay crisp for 15 to 20 minutes. This batter should not be "thinned down."

Wonderful for breakfast, luncheon, supper!



FRENCH TOAST *with* SLICED BANANAS

3 eggs, slightly beaten
1 cup milk
1½ teaspoons sugar

¼ teaspoon nutmeg
Butter or margarine
8 slices bread

2 ripe bananas*

**Use fully ripe bananas . . . yellow peel flecked with brown*

Combine eggs, milk, sugar and nutmeg in mixing bowl. Melt butter or margarine in large frying pan. Dip bread slices, one at a time, into egg mixture. Remove immediately and place into frying pan. Fry over low heat until bread is browned on both sides, turning once. Peel

bananas. Slice the bananas over half of the pieces of French toast. Cover each piece quickly with another piece of French toast, making a sandwich. Serve hot with syrup or confectioners' sugar, if desired. Four servings.



You'll like French fried bananas.

BANANA SCALLOPS

Melted fat or salad oil
1½ teaspoons salt
1 egg, slightly beaten, or
¼ cup undiluted evaporated milk

4 firm bananas*
½ cup fine corn flake crumbs,
bread or cracker crumbs
or corn meal

**Use all-yellow or slightly green-tipped bananas*

To deep-fry, have deep kettle ½ to ¾ full of melted fat or oil. **To shallow-fry**, have 1 inch of melted fat or oil in frying pan. Heat fat to 375° F., or until a 1-inch cube of bread will brown in about 40 seconds. Add salt to egg or milk. Peel bananas and slice crosswise into pieces ¾ to 1 inch thick. Dip into egg or

milk. Drain. Roll in crumbs or corn meal. **Deep-fry** or **shallow-fry** in the hot fat 1½ to 2 minutes, or until brown and tender. Drain well. Serve hot as a vegetable. Four servings.

IMPORTANT: Be sure fat is at correct temperature (375° F.) before frying.





KEEP A FRUIT BOWL ON YOUR TABLE

For Health
For Easy Entertaining

For Color
For Salads

For Flavor

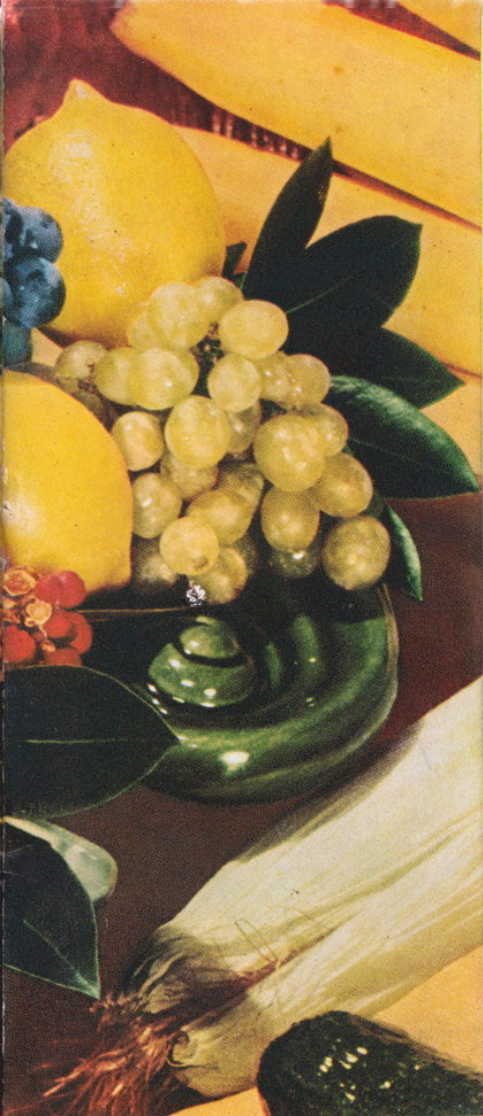
For Beauty
For In-Between Meals

FOR GENUINE GOOD EATING

... in fruit, as Chiquita sings:

*"There are vitamins and minerals
In whatever kind you buy-aye,
They not only are nutritious,
But they also taste delicious."*

A fruit bowl filled with luscious, colorful bananas, oranges, apples, pears, grapes, peaches, and perhaps a melon and a lemon or so is delightfully decorative. And it is as useful as it



is pretty. Its beauty encourages good, healthful eating on the spot, and the fruit offers a constant supply of salad ingredients. As the fruit ripens, use it to make attractive salads; then refill the bowl with fresh fruit.

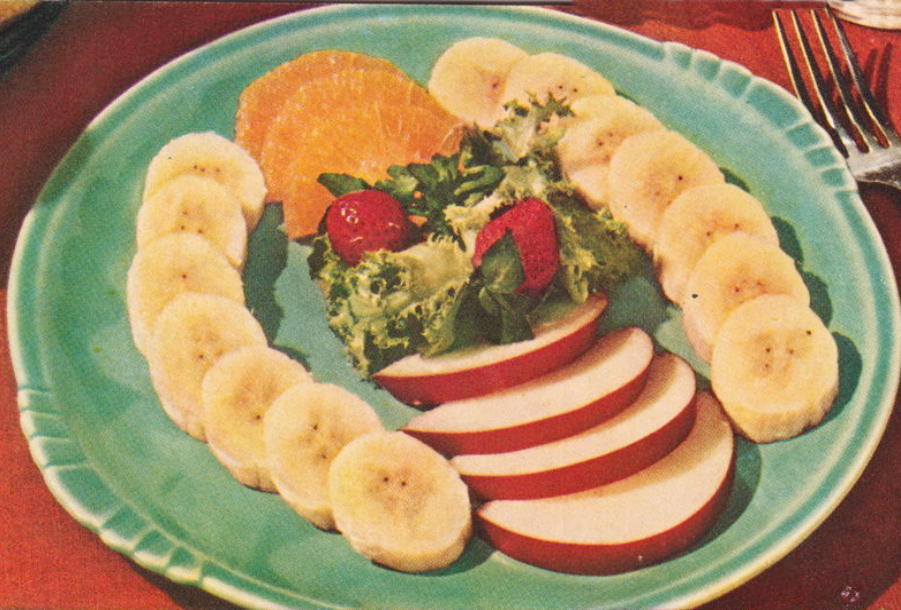
The salad is an ideal way to enjoy a combination of fruits the year around. The salads shown in this book are all easy and quick to prepare. Each is as pretty as its picture.

The fully ripe banana . . . yellow peel flecked with brown . . . is important in salad making. Because it is so delicious, few think of its value to nutrition. They just enjoy the banana . . . a high ranking protective food with a rounded supply of vitamins and minerals.

The unique shape of the banana fits exceedingly well into pleasing salad arrangements. Its mellow flavor, creamy color and texture combine delightfully with other ingredients.

Note the color contrasts and cool crispness of the various greens. Important, too, are the salad plates which frame the beauty of these salads. And don't forget the salad dressings. Use the one you like best . . . French-style or mayonnaise . . . sweet or tart.

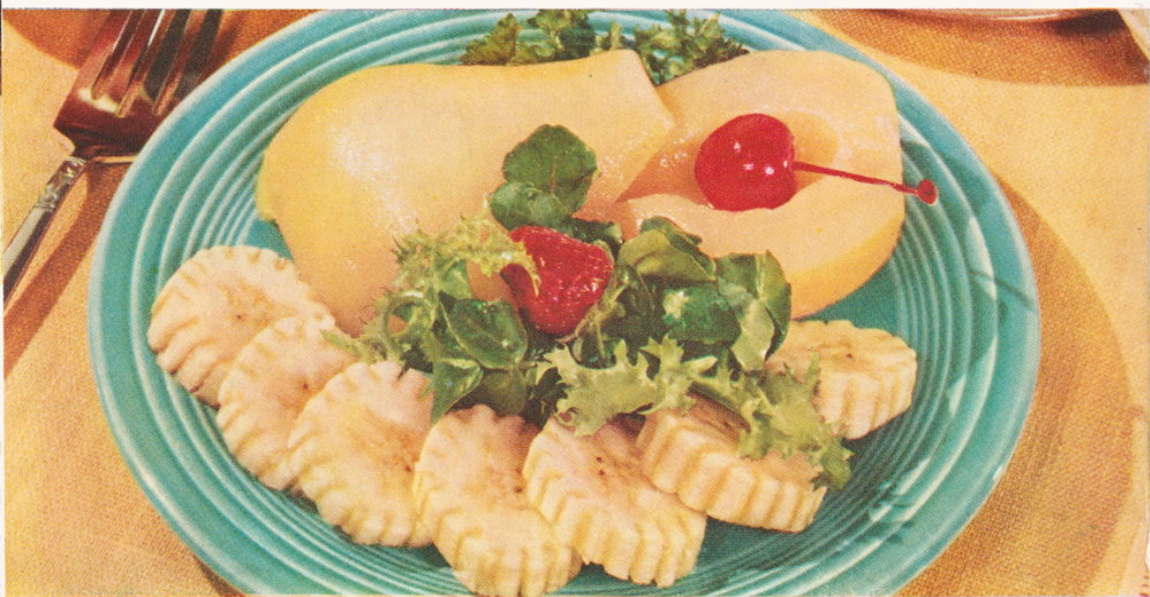
So keep a well-filled fruit bowl on your table . . . for salad making it's supreme.



Banana Fruit Plate . . . 1 peeled orange, 1 unpeeled sweet red apple, 1 ripe banana*, crisp salad greens, 2 or 3 berries or cherries.

Cut orange crosswise into slices, then each slice into halves. Wash apple and cut into wedges. Peel and slice banana. Arrange apple wedges, orange and banana slices as shown in photograph. Garnish. Serve with sweet or tart dressing. Makes 1 large or 2 small servings.

**Use fully ripe banana . . . yellow peel flecked with brown*



Banana Pear Castanet Salad . . . 2 fresh or canned pear halves, 1 ripe banana*, crisp salad greens and a berry or cherry.

Peel and cut banana into fluted slices. Arrange pear halves, banana slices, and garnish. (See photograph.) Serve with sweet or tart dressing. Makes 1 salad. To flute banana, see page 24.

**Use fully ripe banana . . . yellow peel flecked with brown*



Banana Waldorf Salad . . . 1 diced, unpeeled red apple, $\frac{1}{2}$ cup diced celery, $\frac{1}{2}$ cup mayonnaise or salad dressing, 2 sliced ripe bananas*, crisp lettuce and salad greens, walnut or pecan halves.

Mix together apple, celery, mayonnaise or other salad dressing and lightly add banana slices. Arrange on lettuce. Garnish with greens and nuts. (See photograph.) Makes 4 to 6 servings.

**Use fully ripe bananas . . . yellow peel flecked with brown*



Peach Banana Fan Salad . . . Lettuce, $\frac{1}{2}$ fresh or canned peach, berry or cherry, 1 ripe banana*, crisp salad greens.

Arrange lettuce, half peach, berry or cherry and banana, sliced lengthwise, as shown in photograph. Serve with sweet or tart dressing. Makes 1 large salad.

**Use fully ripe banana . . . yellow peel flecked with brown*



Banana Melon Ball Salad . . . 1 ripe banana*, melon balls, salad greens. Peel banana and cut lengthwise into halves. Arrange with melon balls and garnish as shown in the photograph. Serve with sweet or tart dressing. Makes 1 large salad.

**Use fully ripe banana . . . yellow peel flecked with brown*



Banana Peanut Salad . . . 1 ripe banana*, chopped peanuts, crisp salad greens, berries or cherries.

Peel banana, cut crosswise into halves. Split each half lengthwise; then arrange and garnish as shown in photograph. Serve with sweet or tart dressing. Makes 1 large salad.

**Use fully ripe banana . . . yellow peel flecked with brown*



Salmon Salad Tropical... 1 cup diced ripe banana*, $\frac{1}{2}$ cup diced pineapple, $1\frac{1}{2}$ cups flaked salmon, $\frac{1}{2}$ cup diced celery, 2 tablespoons chopped, sweet pickle, $1\frac{1}{2}$ teaspoons salt, 1 tablespoon mayonnaise, 1 tablespoon prepared mustard and crisp lettuce.

Mix together lightly. Arrange on lettuce. Garnish. (See photograph.) Makes 4 to 6 servings.

**Use fully ripe banana . . . yellow peel flecked with brown*



Banana Pineapple Salad... 1 ripe banana*, 2 slices canned pineapple, crisp salad greens, berries or cherries.

Peel banana and place a ring of pineapple around each end. Arrange and garnish as shown in photograph. Serve with sweet or tart dressing. Makes 1 large salad.

**Use fully ripe banana . . . yellow peel flecked with brown*



*Chiquita Banana says:
"Call it dessert or salad."*

BANANA GELATIN DESSERT

1 package fruit-flavored gelatin or
1 package unflavored gelatin
2 ripe bananas*
Dessert topping

**Use fully ripe bananas . . . yellow peel flecked
with brown*



Mix gelatin according to package directions. Chill only until slightly thickened. Partly fill 1 pint-sized mold with gelatin. Peel bananas, slice and arrange on top of the gelatin. Fill mold with remaining gelatin. Chill until firm. Unmold. Garnish with additional slices of ripe banana or other fruit, if desired. Serve plain or topped with cream, custard sauce or fruit sauce. Four to six servings.

Variation

Banana Gelatin Salad: Serve with sour cream, mayonnaise or a tart French-style salad dressing.

Garnish with crisp salad greens.
Makes 1 large or 4 to 6 individual molds.



Party fare . . . family favorite!

BANANA AMBROSIA

- 2 medium-sized oranges
- 2 ripe bananas*
- 2 tablespoons sugar
- $\frac{1}{2}$ to $\frac{3}{4}$ cup shredded coconut

**Use fully ripe bananas . . . yellow peel flecked with brown*

Peel oranges and cut crosswise into thin slices, removing seeds and fibrous portions. Peel bananas and slice about $\frac{1}{4}$ inch thick. Arrange alternate layers of orange and banana slices in a large shallow dish, sprinkling each layer with sugar. Use orange slices for the bottom and top layers. Sprinkle top generously with coconut. Chill about 1 hour before serving. Just before serving, garnish with additional ripe banana and orange slices, if desired. Four to six servings.



*Quick 'n' easy . . . and
so different!*

BANANA COCONUT ROLLS

- 4 firm bananas*
- 2 tablespoons melted butter or margarine
- 2 tablespoons lemon or lime juice
- $\frac{1}{2}$ cup shredded coconut

**Use all-yellow bananas*

Peel bananas and cut crosswise into halves. Place into a well-greased baking dish. Brush thoroughly with butter or margarine, then with lemon or lime juice. Sprinkle bananas with coconut. Bake in a moderate oven (375° F.) 15 to 20 minutes, or until coconut is browned and bananas are tender . . . easily pierced with a fork. Garnish with sliced pineapple, fluted orange slices and cherries, if desired. Serve hot with hot Orange Sauce* or Pineapple Sauce*. Four servings. *See recipe on page 19.





Sure to be a family favorite!

BANANA LAYER CAKE

(1-Bowl Method)

Before Mixing: Have shortening at room temperature. Grease pans. Set oven at correct temperature (375° F.).

2¼ cups sifted cake flour
1¼ cups sugar
2½ teaspoons baking powder
½ teaspoon baking soda
½ teaspoon salt

½ cup shortening
1½ cups mashed ripe bananas*
(4 to 5 bananas)
2 eggs
1 teaspoon vanilla

**Use fully ripe bananas . . . yellow peel flecked with brown*

Sift together flour, sugar, baking powder, soda and salt into large mixing bowl. Add shortening, ½ cup of the bananas and eggs. Beat 2 minutes at slow to medium speed with electric mixer or 2 minutes by hand. Scrape down bowl and beater or spoon frequently during mixing. Add remaining 1 cup bananas and vanilla. Beat 1 minute longer, scraping down bowl and beater or spoon frequently during mixing. Turn into 2 well-greased, 8-inch layer cake pans. Bake in a moderate oven (375° F.) about 25 minutes, or until layers are done. Makes 1 cake.

Frost with your favorite frosting; any flavor blends well with banana cake.

CAKE MIXES: *It's easy to make banana cake, with true banana flavor, using a prepared commercial cake mix.*

When the package directions for mixing specify the addition of 1 cup of liquid, either water or milk, simply use 1½ cups of mashed bananas instead of the water or milk.*

When the package directions for mixing specify 1 cup of water and eggs, reduce the water to ½ cup, add 1 cup of mashed bananas and use the eggs, as directed.*

**Use fully ripe bananas . . . yellow peel flecked with brown. To mash the bananas, follow the directions on page 24.*

Variations

Banana Spice Layer Cake: Sift together with the dry ingredients ½ teaspoon ground cloves, 1¼ teaspoons cinnamon and ½ teaspoon nutmeg.

Banana Cupcakes: Turn batter into well-greased cupcake pans. Bake in a moderate oven (375° F.) about 25 minutes or until cupcakes are done. Makes 18 to 20 cupcakes.



Keep the cookie jar filled!

BANANA DROP COOKIES

2¼ cups sifted flour
1 cup sugar
2 teaspoons baking powder
¼ teaspoon baking soda
¾ teaspoon salt
⅔ cup shortening

2 eggs
1 cup mashed ripe bananas*
(2 to 3 bananas)
1 teaspoon vanilla
¼ teaspoon cinnamon
1 tablespoon sugar

**Use fully ripe bananas . . . yellow peel flecked with brown*

Sift together flour, sugar, baking powder, soda and salt into mixing bowl. Cut in shortening. Add eggs, bananas and vanilla and beat until thoroughly blended. Drop by teaspoonfuls, about 1½ inches apart, onto ungreased cookie pans. Sprinkle with a mixture of cinnamon and 1 tablespoon sugar. Bake in a moderately hot oven (400°F.) about 12 minutes, or until cookies

are done. Remove baked cookies from pan immediately.

Makes about 3 dozen medium-sized cookies.

Variation

Banana Chocolate Chip Cookies: Fold 1 package (6 ounces) semi-sweet chocolate pieces into cookie batter.

BANANA OATMEAL COOKIES

1½ cups sifted flour
1 cup sugar
½ teaspoon baking soda
1 teaspoon salt
¼ teaspoon nutmeg
¾ teaspoon cinnamon

¾ cup shortening
1 egg, well-beaten
1 cup mashed ripe bananas*
(2 to 3 bananas)
1¾ cups rolled quick oats
½ cup chopped nuts

**Use fully ripe bananas . . . yellow peel flecked with brown*

Sift together flour, sugar, soda, salt, nutmeg and cinnamon into mixing bowl. Cut in shortening. Add egg, bananas, rolled oats and nuts. Beat until thoroughly blended. Drop by teaspoonfuls, about 1½ inches apart, onto

ungreased cookie pans. Bake in a moderately hot oven (400°F.) about 15 minutes, or until cookies are done. Remove from pan immediately. Makes about 3½ dozen cookies.





Wins the vote every time!

BANANA CHOCOLATE CREAM PIE

1½ squares unsweetened
chocolate
2 cups milk
¾ cup sugar
5 tablespoons flour
½ teaspoon salt

2 egg yolks, slightly beaten
1 tablespoon butter or margarine
½ teaspoon vanilla
1 baked 9-inch pie shell
or six 3½-inch tart shells
3 ripe bananas*

**Use fully ripe bananas . . . yellow peel flecked with brown*

Melt chocolate in milk in top of double boiler over rapidly boiling water, beating until blended. Mix sugar, flour and salt. Stir into chocolate mixture. Keep stirring and cook until well-thickened. Cook 10 minutes longer, stirring occasionally. Stir hot mixture into egg yolks. Cook 1 minute. Add butter or margarine and vanilla. Cool thoroughly. Cover bottom of pie shell with small amount of filling. Peel bananas and slice into pie shell. Cover with remaining filling. Top with meringue or sweetened whipped cream, if desired. Makes 1 pie or 6 tarts.

PUDDING MIXES

Packaged commercial pudding mixes of any flavor may be used as filling for this

pie. Prepare according to directions on package. Then cool thoroughly and follow the above recipe directions for placing filling and bananas in pie shell.

Glamorous but quick and easy.

BANANA WHIPPED CREAM PIE

Dash of salt
1 cup heavy cream
2 tablespoons sugar
Few drops vanilla or almond
flavoring

4 to 5 ripe bananas*
1 baked 9-inch pie shell
Toasted coconut

**Use fully ripe bananas . . . yellow peel flecked with brown*

Add salt to cream and beat with rotary egg beater or electric mixer until stiff enough to hold its shape. Fold in sugar and vanilla or almond flavoring. Cover bottom of pie shell with small amount of whipped cream. Peel bananas and slice into pie shell. Cover immediately with remaining whipped cream. Garnish with toasted coconut. Makes 1 pie.

IMPORTANT: *Finely chopped nuts, grated semi-sweet chocolate or finely chopped, candied fruit peel may be used in place of the toasted coconut.*



Chiquita Banana says: "A new flavor combination."

BANANAS AND SOUR CREAM

1 ripe banana*

1/4 cup sour cream

**Use either fully ripe or all-yellow banana*

Peel banana and slice into dessert dish or cereal bowl. Top with sour cream. Makes 1 serving.

IMPORTANT: *Sugar, salt, cinnamon or nutmeg may be sprinkled over sour cream, if desired.*

Try these once . . . you'll make them often!

ORANGE SAUCE

1/2 cup sugar

1 tablespoon cornstarch

Dash of salt

Dash of cinnamon

3/4 cup boiling water

2 tablespoons butter or margarine

1 teaspoon grated orange rind

1/4 cup orange juice

1 teaspoon lemon juice

Mix together sugar, cornstarch, salt and cinnamon in saucepan. Add water gradually. Bring to boiling temperature and cook about 5 minutes, or until sauce is thickened, stirring constantly. Add butter or margarine, orange rind, orange juice and lemon juice. Reheat to boiling temperature. Makes about 1 cup sauce.

BANANA BUTTER FROSTING

1/2 cup mashed ripe bananas*
(1 to 2 bananas)

1/2 teaspoon lemon juice

1/4 cup butter

3 1/2 cups sifted
confectioners' sugar

**Use fully ripe bananas . . . yellow peel
flecked with brown*

Mix together bananas and lemon juice. Beat butter until creamy in mixing bowl. Add sugar and bananas alternately, a small amount at a time, beating until frosting is light and fluffy. Makes about 2 1/2 cups frosting . . . enough to frost top and sides of 8 x 8 x 2-inch cake, or tops of two 9-inch layers, or 18 to 20 cupcakes.



Wonderful on bananas!

PINEAPPLE SAUCE

3 tablespoons sugar

1 tablespoon cornstarch

Dash of salt

1 1/4 cups canned unsweetened
pineapple juice

1 teaspoon lemon juice

1/4 cup drained crushed pineapple

Mix together sugar, cornstarch and salt in saucepan. Add pineapple juice gradually. Bring to boiling temperature and cook about 5 minutes, or until thickened, stirring constantly. Add lemon juice and pineapple. Makes about 1 1/2 cups sauce.

Variation

Pineapple Mint Sauce: Flavor Pineapple Sauce with 1 to 3 drops of oil of peppermint. Add enough green food coloring to tint the sauce a delicate green.

IMPORTANT: *If juice from sweetened canned pineapple is used, reduce sugar 1 to 2 tablespoons, depending upon the sweetness of the juice.*

Diced canned pineapple may be used in place of crushed pineapple.



A teen-ager's delight!



BANANA SPLIT

- 1 ripe banana*
- 3 balls or scoops ice cream
- 2 to 3 tablespoons chocolate sauce
- 4 to 6 tablespoons fruit sauce, crushed fruit or preserves
- Whipped cream
- Finely chopped nuts
- Cherry or berry

**Use fully ripe banana . . . yellow peel flecked with brown*

Peel banana and cut lengthwise into halves. Place halves cut side up, side by side, into a shallow dish. Place balls or scoops of ice cream, side by side, in center on top of banana halves. Pour chocolate sauce over 1 portion of ice cream. Cover other 2 portions of ice cream with fruit sauce, crushed fruit or preserves. Garnish with whipped cream, nuts and cherry or berry, if desired. Makes 1 full-sized Banana Split.

IMPORTANT: Butterscotch or marshmallow sauce may be used in place of chocolate sauce. One, two or three flavors of ice cream may be used.

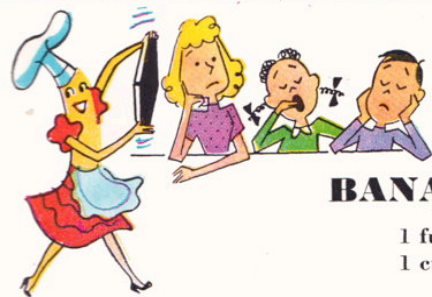


BANANA SUNDAE

- 1 ripe banana*
- 1 ball or scoop ice cream
- 2 tablespoons chocolate or fruit syrup
- 2 tablespoons crushed fruit or preserves
- Whipped cream
- Nuts, whole or chopped
- Cherries or berries

**Use fully ripe banana . . . yellow peel flecked with brown*

Peel and quarter banana by cutting once lengthwise and once crosswise. Arrange banana pieces opposite each other in a sherbet dish with cut sides of the banana facing inside. Place ice cream in dish between banana pieces. Cover ice cream with syrup and crushed fruit or preserves. Garnish with whipped cream, nuts, cherries or berries. Makes 1 Banana Sundae.



Get a quick pick-up with a

BANANA MILK SHAKE

1 fully ripe banana*
1 cup (8 ounces) COLD milk

**Use fully ripe banana...peel well-flecked with brown*

Peel banana. Slice into a bowl and beat with a rotary egg beater or electric mixer until smooth and creamy. Add milk; mix well. Serve immediately. Makes 1 large or 2 medium-sized drinks.

Fun to shake . . . fun to drink!

Banana Chocolate Milk Shake: Add 1 table-spoon chocolate syrup before mixing milk shake.

Banana Chocolate Malted Milk Shake: Add 4 teaspoons chocolate malted milk and $\frac{1}{4}$ teaspoon vanilla before mixing milk shake.

Banana Frosted Milk Shake: Add 3 table-spoons vanilla ice cream before mixing milk shake.

Banana Orange Milk Shake: Use $\frac{1}{2}$ cup orange juice in place of half of the milk. Add $\frac{1}{2}$ teaspoon sugar before mixing milk shake.

Banana Pineapple Milk Shake: Use $\frac{1}{4}$ cup canned, unsweetened pineapple juice in place of a fourth of the milk before mixing milk shake.

Banana Spiced Milk Shake: Sprinkle ground nutmeg or cinnamon on top of milk shake just before serving.

Banana Vanilla Milk Shake: Add $\frac{1}{2}$ teaspoon vanilla before mixing milk shake.

IMPORTANT: For a COLDER DRINK, add about 2 tablespoons of crushed ice, and ice cream if desired, before mixing milk shake.

For a SWEETER DRINK, add ice cream or plain sugar syrup.



Chiquita Banana says:

"Banana helps keep bread fresh and moist!"

BANANA TEA BREAD

- 1 $\frac{3}{4}$ cups sifted flour
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{3}$ cup shortening
- $\frac{2}{3}$ cup sugar
- 2 eggs, well-beaten
- 1 cup mashed ripe bananas*
(2 to 3 bananas)

**Use either fully ripe or all-yellow bananas*

Sift together flour, baking powder, soda and salt. Beat shortening until creamy in mixing bowl. Add sugar gradually and continue beating until light and fluffy. Add eggs and beat well. Add flour mixture alternately with bananas, a small amount at a time, beating after each addition until smooth. Turn into a well-greased bread pan ($8\frac{1}{2} \times 4\frac{1}{2} \times 3$ inches) and bake in a moderate oven (350°F.) about 1 hour 10 minutes or until bread is done. Makes 1 loaf.

BANANA BRAN MUFFINS

- 1 cup sifted flour
- $\frac{3}{4}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ cup sugar
- 1 cup bran
- 1 egg, well-beaten
- 2 tablespoons sour milk
or buttermilk
- 2 tablespoons melted shortening
or salad oil
- 2 cups thinly sliced, ripe bananas*
(3 to 4 bananas)

**Use either fully ripe or all-yellow bananas*

Sift together flour, soda, salt and sugar into mixing bowl. Add bran and mix well. Combine egg, milk, shortening or salad oil and bananas. Add to dry ingredients, mixing only enough to dampen all flour. Turn into well-greased muffin pans. Bake in a moderate oven (375°F.) 30 to 35 minutes, or until muffins are done. Makes 8 large or 16 small muffins.



Variations

Banana Apricot or Prune Tea Bread: Add 1 cup finely cut dried apricots or prunes to flour mixture.

Banana Nut Tea Bread: Add $\frac{1}{2}$ cup coarsely chopped nuts to flour mixture.

Banana Raisin Tea Bread: Add 1 cup seedless raisins to flour mixture.

IMPORTANT: If apricots or prunes are very dry, soak them in warm water until soft. Drain and dry well before using them in the bread. This bread makes unusually fine toast!





Be sure to serve often . . . they're so good!

BANANA TEA MUFFINS

1 $\frac{3}{4}$ cups sifted cake flour
2 teaspoons baking powder
 $\frac{1}{4}$ teaspoon baking soda
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{3}$ cup sugar

1 egg, well-beaten
 $\frac{1}{3}$ cup melted shortening
or salad oil
1 cup mashed ripe bananas*
(2 to 3 bananas)

**Use fully ripe bananas . . . yellow peel flecked with brown*

Sift together flour, baking powder, soda, salt and sugar into mixing bowl. Mix together egg, shortening and bananas. Add to dry ingredients, mixing only enough to dampen all flour. Turn into well-greased small muffin pans and bake in a moderately hot oven (400°F.) about 20 minutes, or until muffins are done. Serve hot or cold. Makes 16 small muffins.

MUFFIN MIXES: *It's easy to make banana muffins, with a real banana flavor, using the packaged commercial mixes for plain muffins. When the mixing directions on the usual 14-ounce package specify the addition of 1 $\frac{1}{4}$ cups water, simply add 2 cups mashed ripe bananas *instead of the water.*

**To mash the bananas, follow directions on page 24.*

Variation

Banana Surprise Muffins: Drop about a teaspoonful of jelly on top of each muffin before baking.



*Chiquita Banana says:
"A fresh fruit shortcake for
all year around"*

BANANA SHORTCAKE

**Use fully ripe bananas . . . yellow peel flecked with brown*

Split homemade or baker's gingerbread, cake, cupcakes or biscuits into 2 layers. Place whipped cream and sliced ripe bananas between layers and on top. Garnish with a cherry, if desired. Just before serving, peel and slice additional bananas and arrange them around the base of the Banana Shortcake, if desired.





DON'T SKIP THESE "HOW-TO-DO-ITS"



HOW TO BUY BANANAS...

Buy bananas by the "hand" or section at the stage of ripeness you find them in the store. Bananas average 3 to 4 to a pound.



HOW TO RIPEN BANANAS

...Keep them at comfortable room temperature. Do not place them in a refrigerator, as low temperatures prevent proper ripening and impair the delicate flavor.



HOW TO FLUTE BANANAS

... Run the prongs of a fork lengthwise down a peeled banana, then slice banana crosswise for dainty "crinkly-edged rounds."



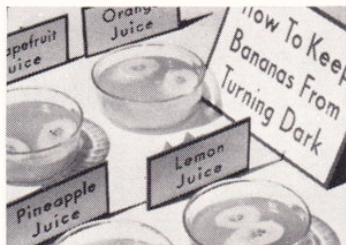
HOW TO SLICE BANANAS

... Slice bananas crosswise with a sharp stainless steel or silver knife unless directed in the recipe to cut them otherwise.



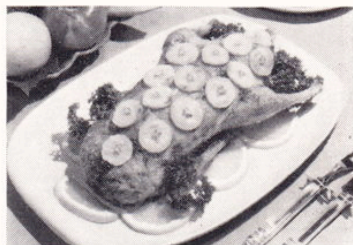
HOW TO SPREAD BANANA SLICES

... Cut banana lengthwise into halves. Spread cut side of one half with peanut butter or jam. Top with other half, sandwich-style; cut crosswise into slices.



HOW TO PREVENT CUT BANANAS FROM TURNING DARK

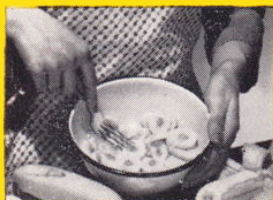
... Slice as close to serving time as you can. If cut 1 to 2 hours in advance, dip slices into, or sprinkle them with, canned pineapple juice, or fresh or canned grapefruit, orange, lemon or lime juice.



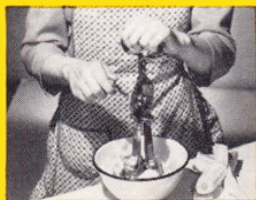
HOW TO DRESS UP ROAST DUCK OR HAM WITH BANANAS

... When duck or ham is cooked, remove from oven. Cover with banana slices, cut about 1/2 inch thick. Sprinkle generously with brown sugar. Return to moderate oven (325°F.) about 10 minutes, or until bananas are done.

HOW TO MASH BANANAS



1. Slice bananas into a bowl. Beat with a fork. Or . . .



2. Slice bananas into a bowl. Beat with a rotary egg beater. Or . . .



3. Break bananas into chunks. Beat with an electric mixer.



DOCTORS RECOMMEND mashed fully ripe bananas for infant feeding. They are nourishing and contain a high percentage of fruit sugars that helps make them readily digestible.



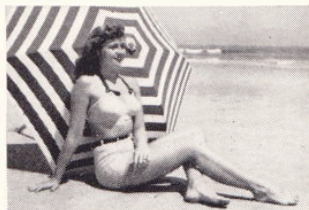
ATHLETES NEED nutritious food and quick food energy. They get both in the digestible fruit sugars in fully ripe bananas. An average-sized fully ripe banana contains the equivalent of 5 level teaspoons of sugar.



CHILDREN LIKE bananas. And it's good that they do, for bananas, a "protective" food, provide vitamins, minerals, and the extra food energy that growing children need.



TEEN-AGERS NEED the right foods to keep energy up to par, eyes bright, skin clear. There's quick food energy in fully ripe bananas, plus vitamins and minerals.



KEEP that slender figure! Bananas are nourishing and satisfying and low in fat content. An average-sized banana contains about 100-120 calories.



OLD FOLKS find fully ripe bananas a pleasant, satisfying treat because they are a bland food, easy to chew, easy to digest and low in fat content.

**NATURE SEALS
BANANAS
IN A
GERM-PROOF
PACKAGE**

**ENJOY YOUR
FAVORITE
CEREAL WITH
SWEET, RIPE
BANANAS**

**BANANAS
ARE AVAILABLE
ALL YEAR
'ROUND**

**COOKING
GIVES BANANAS
A DIFFERENT,
DELICIOUS
FLAVOR**

**ALL
MEASUREMENTS
USED IN THESE
RECIPES ARE LEVEL**

MEASUREMENTS (Approximate)

This information is based upon the use of standard level measurements and one average-sized banana.

1 AVERAGE-SIZED BANANA (100 to 120 calories)

Sliced or diced = 1 cup,
30 slices (1/8 inch thick)
Mashed or whipped = 1/2 cup

1 CUP OF BANANAS

Sliced or diced = 1 banana
Mashed or whipped = 2 bananas

1 POUND OF BANANAS

Unpeeled = 3 to 4 bananas
Peeled = 4 to 5 bananas
Sliced or diced = 4 to 5 bananas
(4 cups)
Mashed or whipped = 4 to 5 bananas
(2 cups)

ONE AVERAGE-SIZED BANANA

VITAMINS per 100 grams

A	250-335 International Units
B ₁ (Thiamine)	42-54 Micrograms
B ₂ or G (Riboflavin)	88 Micrograms
Niacin (Nicotinic Acid)	.6 Milligrams
C (Ascorbic Acid)	10-11 Milligrams

MINERALS milligrams per 100 grams

Sodium	Manganese	Sulfur
42.0	.6	12.0
Potassium	Copper	Chlorine
373.0	.2	125.0
Calcium	Iron	Iodine
8.0	.6	.003
Magnesium	Phosphorus	
31.0	28.0	

**FOR SWEETEST
FLAVOR ...
A BANANA
FLECKED WITH
BROWN**



Home Economics Department

UNITED FRUIT COMPANY

PIER 3, NORTH RIVER, NEW YORK 6, N.Y.

CHIQUITA
BANANA'S

Recipe Book

BANANAS

COOKED, pages 2-7

SALADS 8-13 DESSERTS 14-20, 23

CAKES 16 and 23 COOKIES 17 PIES 18

SAUCES 19 DAIRY DISHES 19-21 BREADS 22-23

Sliced Frozen Bananas

Peel and mash, until creamy, about one gallon of over-ripe bananas. Add juice of 1 or 2 lemons and 2 tablespoons honey; mix well. Freeze in cake pan; slice and store in freezing bags. Serve plain or with ice cream.

Mrs. Mary E. Webb, Jr.

Banana-Cocoa Brownies

- ½ cup butter
- 1 egg
- ¾ cup sugar
- 1½ cups flour
- 2 tablespoons cocoa
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 large banana, mashed
- ¾ cup nuts

Mix butter, egg and sugar. Sift and add dry ingredients. Stir in banana and nuts. Bake in 9-inch well greased square pan at 350° for 35 to 40 minutes or until done. Frost with favorite frosting.

Marcee Martin

Banana Cruller Miniatures

- 1 medium banana
- ½ cup water
- cooking oil
- 1 egg
- ¾ cup flour
- ¾ cup yellow cornmeal
- 2 tablespoons sugar
- 2 teaspoons baking powder
- ¾ teaspoon salt

Mash banana until smooth. Beat in ½ cup water, 1 tablespoon cooking oil, and egg. Combine and add remaining ingredients. Drop batter by tablespoons into hot oil. Cook until brown on each side. Sprinkle with confectioners' sugar.

Mrs. E. A. McJunkin



Do not place bananas in
as low temperatures prevent
proper ripening.

Banana Poppy Seed Cake

- 1 box yellow cake mix
- 1 cup hot water
- ½ cup cooking oil
- 1 small package instant banana pudding mix (dry)
- 4 eggs
- ¼ cup poppy seed

Beat combined cake mix, water, oil and pudding until smooth. Add eggs, one at a time, beating well. Stir in poppy seed. Pour into a well greased and floured tube pan or bundt cake pan. Bake at 350° for 45 minutes.

Pat Sutton

Banana Cake

- 1 stick melted margarine or butter
- 2 cups graham cracker crumbs
- 2 cups powdered sugar
- 2 eggs
- 2 sticks butter
- 3 or 4 bananas, sliced
- 1 cup crushed pineapple, drained
- 1 large container whipped cream substitute
- 1 cup chopped pecans
- ½ cup chopped maraschino cherries

Combine melted butter and crumbs. Press on bottom and sides of 9 x 13-inch pan. Beat sugar, eggs and butter for 15 minutes in mixer at high speed. Pour into pan. In layers, add bananas, pineapple, whipped cream substitute, pecans and cherries. Cover. Chill overnight. Makes 20 to 24 servings.

Mrs. Gladys Coate

Banana Split Party-Pie

- 1 9-inch baked pie shell, chilled in freezer
- 1 pint vanilla ice cream
- 2 pints strawberry ice cream
- 4 firm bananas, quartered lengthwise
- ½ cup cream for whipping
- ½ cup chocolate fudge sundae sauce
- ½ cup strawberry sundae sauce
- fresh strawberries for garnish

Spoon vanilla ice cream into pie shell, making an even layer. Arrange 8 banana quarters spoke fashion over ice cream in shell; cover with fudge sauce. Return to freezer. Scoop 8 small balls from part of strawberry ice cream; place in a shallow pan, freeze firm. Spoon rest of ice cream into shell; return to freezer. Just before serving, whip cream until stiff. Arrange 8 banana quarters spoke fashion. Top with ice cream balls around edge. Into center spoon strawberry sauce and then whipped cream.

Mrs. Kenneth C. Hertz

**BANANAS ARE FULLY RIPE
BEST FOR EATING ...
WHEN PEEL IS YELLOW
FLECKED WITH BROWN**