

GUAM MADOYA

This is an easy, fun banana treat to make. Back in the days on the island, at the old Harmon swap meet, you could get this hot out of the fryer. Who knew something so simple could be so satisfying? There are many variations out there for the madoya batter. In its simplest form, you mix flour, milk, achote water, and sugar together. To make a richer batter, you can add eggs and a little bit of oil.

A cinnamon-sugar coating is optional.

INGREDIENTS

Set 1

4 to 5 long, ripe plantains

Set 2

$\frac{3}{4}$ cup all-purpose flour

$\frac{1}{4}$ cornstarch

1 teaspoon baking powder

1 teaspoon salt

$\frac{1}{4}$ granulated sugar

Set 3

1 packet achote powder

2 tablespoons melted coconut oil or your choice of oil

Set 4

2 large eggs

1 cup evaporated milk

1 teaspoon vanilla extract (optional)

2 tablespoons achote oil

Set 5

Coconut oil for frying, or your choice of frying oil

Set 6

$\frac{1}{2}$ cup sugar

$\frac{1}{2}$ tablespoon cinnamon

Tools: small bowl, medium bowl, whisk, large bowl, frying pan, tongs, wire rack, napkins, half-sheet pan, large platter, small plate

DIRECTIONS

In a small bowl, mix the oil and the achote powder together to form a paste. Set aside.

If you want to coat with cinnamon and sugar, mix the ½ cup of sugar and the cinnamon in a medium plate. Set aside.

Sift all the dry ingredients into a medium bowl. Set aside.

Use a whisk to beat eggs in the large bowl. Add milk, vanilla extract, and the achote oil to the eggs then whisk to combine. Add in the dry ingredients and mix to incorporate well. Let the batter sit for 15 minutes to thicken.

In the meantime, melt and heat about a ¼ to ½ inch of coconut oil in a frying pan on medium heat.

Also, slice the ends of each plantain then cut crosswise into halves or thirds, depending on how long you want your madoya. Cut each section lengthwise into halves. Discard the skin and set the plantains in the bowl of batter. Don't overcrowd. Leave space so you can easily coat the plantains. Leave any remaining slices on the cutting board.

Line a half-sheet pan with napkins and set aside.

Once the oil reaches about 330 to 350 degrees, or when a wooden spoon/stick sizzles in the oil, it's ready.

Carefully place one coated plantain in the oil. It should sizzle and begin cooking. Repeat for several more slices, but don't overcrowd the pot. Fry till the bottom is golden then flip to the other side. Cook till golden. Remove madoya and set on a napkin-lined sheet pan for a few minutes then transfer to serving platter. Repeat with remaining slices.

If you want to coat in cinnamon and sugar, immediately set the hot madoya on the plate of sugar. Coat one or both sides.

I prefer the madoya plain, but my husband likes it coated.

Recipe courtesy Paula Quinene of Paulaq.com.