

Carang Gesing Recipe **(Indonesian Sliced Banana Packets Recipe)**

Ingredients: Makes 15 cakes

1 egg
80 g (1/3 cup) palm sugar, finely chopped
250 ml (1 cup) coconut milk
Pinch of salt
5 ripe bananas, preferably pisang kapok or pisang raja, cut into 1-cm (1/2 inch) slices diagonally
2 screwpine leaves, cut into 4-cm (2-inch) lengths
30 young banana leaves cut into 14-cm (6-inch) squares

Method:

Whisk egg, sugar, coconut milk and salt together until sugar dissolves. Add sliced bananas. Place 1 pandan leaf in the center of double layers of banana leaves. Spoon 2 to 3 tablespoons of mixture into the banana leaf and wrap tum-style*. Arrange parcels in a steamer tray and cook over moderate heat for 20 - 25 minutes. Unwrap parcels and serve either warm or well chilled.

Double-wrapped banana leaf packet (tum style):

The banana leaf is a very versatile cooking material and is widely used in Indonesian and Asian kitchens. It is frequently used to wrap food for grilling, steaming or placing directly on hot coals. Firstly, clean the banana leaf and cut it to the required size. Then dip it in boiling water or hold it directly over a gas flame until it softens. Frozen banana leaves are becoming more available outside the tropics but if you are unable to find any, wrap the food in baking paper and then aluminium foil. Unfortunately, the foil lacks the moisture and subtle flavor imparted by the banana leaf.

Method:

Place the filling in the center of a large rectangle of clean and softened banana leaf. Pull the side facing you to touch the opposite side in the middle and pleat in one side. Pleat the other side in. Fold one wing of the pleat to the front of the package. Fold the other wing to the back of the package. Place the package in the center of a smaller strip of banana leaf and fold up to hold the pleats together. Secure with a toothpick. Tuck in odd corners and prepare for steaming.