

Banana Blossom Fillet

Pub style fish n' chips gone vegan!

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PREP TIME

1 d

COOK TIME

5 mins



COURSE

Main Course

CUISINE

American



SERVINGS

2

INGREDIENTS

Banana Blossom:

- 1 package Upton's Naturals Banana Blossom
- 1 tablespoon lemon juice
- 1 teaspoon chopped dill
- 1 tablespoon kelp powder optional

Batter:

- 1 cup chilled flour plus more to coat
- 1 teaspoon celery salt
- 1 teaspoon paprika
- $\frac{3}{4}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon pepper
- Pinch garlic powder
- 1 cup chilled sparkling water

Plus

- Oil for frying

INSTRUCTIONS

1. Dry the Banana Blossom with a clean kitchen towel. Season with lemon juice, dill and kelp powder. Let it marinate in the refrigerator overnight. In a pinch, 3-4 hours will do but overnight is best.
2. In a large bowl, mix all the dry batter ingredients. Slowly add sparkling water and stir. Chill mixture in the fridge for 10 minutes. Place another cup of flour on a plate and set aside.
3. Add oil to a large, deep skillet so there's at least 1" in the bottom of the pan and heat to 365°F. Coat each Banana Blossom in flour, then dunk into the batter and fry in hot oil until golden brown and crisp, flipping halfway (about 2 minutes each side).
4. Serve with vegan tartar sauce and French fries.



KEYWORD

faux fish, fried banana blossom, vegan fish n' chips

Banana Blossom

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