

DESTINATION ASIA

Banana in Coconut Milk (Kluay Bod Chi)

Known locally as kluay bod chi, this widely popular dessert comprises of bananas cooked in a mixture of coconut milk and coconut cream. Served throughout Thailand, this dish can be served either hot or cold.

Preparation time 5 Minutes

Cooking time 15 Minutes

Serves 4 People

Ingredients

- 5 slightly green bananas
- 1 cup sugar
- 4 cups coconut milk
- ¼ tsp salt

Steps

1. Peel the bananas, then slice lengthways and cut in half.
2. Pour the coconut milk into a pot. Heat until it comes to a gentle boil.
3. Add the sugar and salt to the boiled coconut milk. Stir until completely dissolved.
4. Put the prepared bananas into the pot and continue to boil for 1 minute. Serve it hot, warm or cold.

Notes / Tips

1. The bananas should be still be slightly green so that they won't be too soft after cooked.
2. Reduce the amount of sugar to make it less sweet.
3. If you can't find fresh coconut milk, canned or powdered coconut milk is also readily available in Asian supermarkets.



A recipe from Destination Asia Thailand