

What Is A Plantain Banana

Cuisine of Equatorial Guinea Dishes adopted The cuisine of Equatorial Guinea is a blend of the cuisines of the native peoples of this African country, including the Annobonese, the Bubi, the Fang, and the Kombe. Main dishes are usually accompanied by rice or boiled or fried yuca, malanga, or plantain. cooked wrapped in banana leaves are also common. Fish and chicken are common dishes. It is also influenced by the cuisines of Spain (which colonized the country until 1968); other African nations such as Nigeria and Cameroon; Islamic states such as Morocco; and Creole cuisine overall. Its cuisine incorporates various meats, including game and bushmeat as well as imports, and is known for its strong flavors and high spice levels 94be11ae12

Banana production in Ecuador In 2016-2018 Ecuador contributed 36% of the worlds exported bananas. Banana production in Ecuador is an important component to the national economy. Historically large multinational companies have influenced banana production in Latin American countries, however Ecuador remained independent from this influence regarding banana production. The main commercial banana variety is the Cavendish banana, in the past the dominant variety was the Gros Michel banana, but that variety was retired due to Fusarium wilt disease. The country is inexperience at hurricanes or high wind storms which reduces the likelihood of banana crops being destroyed. This country has been a lead banana producer since 1953. The crop is mostly grown on private plantations which sell their crops to national and international companies. Ecuador is a good place to cultivate bananas due to its warm and wet climate, and abundance of rivers. The country approximately exports more than 4 million tons of bananas annually. The country approximately Banana production in Ecuador is an important component to the national economy. Dole Food Company, Chiquita Brands, and Del Monte Fruit. This country has been a lead banana producer since 1953. The provinces of Los Rios and Guayas produce the most bananas out of the country, accounting for 70% of the countries total banana production in 2022 94be11ae12

Cooking bananas are a major food staple in West and Central Africa, the Caribbean islands, Central America, and northern South America. Members of the genus Musa are indigenous to the tropical regions of Southeast Asia and Oceania. Bananas fruit all year round, making them a reliable all-season staple food... 94be11ae12 == History == 94be11ae12 The plantain or yam is diced and boiled with turmeric, pepper, green chillies and salt until soft. A paste of grated coconut, cumin and green chillies is stirred in, followed by sour curd, and the mixture is cooked down until it thickens. The curd is added over low heat, and the dish is simmered rather than boiled, since boiling makes it curdle; it is stirred in one direction as it reduces. A tempering of mustard seeds, fenugreek, dried red chillies and curry leaves fried in oil or ghee is stirred in at the end. Pepper is the dominant flavour, set against the sourness of the curd. 94be11ae12 In 1769, the

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celebrated Scottish traveller James Bruce first sent a description of a plant common in the marshes around Gondar in Abyssinia (a historical region which includes Ethiopia), pronouncing it to be "no species of Musa" and wrote that its local name was "ensete". In 1853, the British Consul at Mussowah sent some seeds to Kew... 94be11ae12

Banana Sector Retraining Project It was implemented in the six traditional banana-growing parishes: St. larger scale programme of assistance to workers in Jamaica's banana/plantain communities. James, St. It aimed to retrain displaced workers and farmers in the banana/plantain industry and those whose jobs may disappear because of loss of preferential treatment in the European market. Mary, Portland and Clarendon. Catherine, St. Thomas, St. What they learnt and the experiences of participants in the project The Banana Sector Retraining Project was a program run by the HEART Trust/NTA during 2008 and 2009 94be11ae12

Banana It grows upward in clusters near the top of the plant. cooking bananas are called plantains, distinguishing them from dessert bananas. The fruit is variable in size, color and firmness, but is usually elongated and curved, with soft flesh rich in starch covered with a peel, which may have a variety of colors when ripe. Almost all modern edible seedless (parthenocarp) cultivated bananas come from two wild species - Musa acuminata and Musa balbisiana, or their hybrids. In some countries, cooking bananas are called plantains, distinguishing them from dessert bananas. The fruit is variable in size, color and firmness, but is usually elongated A banana is an elongated, edible fruit that is botanically a berry produced by several kinds of large treelike herbaceous flowering plants in the genus Musa 94be11ae12

== Description == 94be11ae12 == Discovery == 94be11ae12 Musa species are native to tropical Indomalaya and Australia; they were probably domesticated in New Guinea. They are grown in 135 countries, primarily for their fruit, and to a lesser extent to make banana paper and textiles, while some are grown as ornamental plants. The world's largest producers of bananas in 2022 were India and China, which together accounted for approximately 26% of total production. Bananas are eaten raw or cooked in recipes varying from curries to banana chips, fritters, fruit preserves, or simply baked or steamed. 94be11ae12

Banana leaf They are used for decorative and symbolic purposes in numerous Hindu and Buddhist ceremonies. The leaves have a wide range of applications because The banana leaf is the leaf of the banana plant, which may produce up to 40 leaves in a growing cycle. Bananas and palm leaves were historically the primary writing surfaces in many nations of South and Southeast Asia. They are used for cooking, wrapping, and food-serving in a wide range of cuisines in tropical and subtropical areas. The banana leaf is the leaf of the banana plant, which may produce up to 40 leaves in a growing cycle. The leaves have a wide range of applications because they are large, flexible, waterproof and decorative. In traditional home building in tropical areas, roofs and fences are made with dry banana-leaf thatch 94be11ae12

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== Preparation == 94be11ae12 The botanical name for Fe'i bananas is *Musa troglodytarum* L. Its origin is uncertain and it may be a hybrid. 94be11ae12

Kaalan It is thick and sour, and is one of the dishes of the Kerala sadya, the traditional vegetarian feast. (Malayalam: കാലൻ [ka:lan]) is a Keralite dish from South India, made from yoghurt, coconut and either raw plantain (nendra kaaya) or a tuber such as elephant-foot Kaalan (Malayalam: കാലൻ [ka:lan]) is a Keralite dish from South India, made from yoghurt, coconut and either raw plantain (nendra kaaya) or a tuber such as elephant-foot yam (chena) 94be11ae12

Cooking banana Many cooking bananas are referred to as plantains or green bananas. True plantains are cooking cultivars belonging to the AAB group, while cooking bananas are any cooking cultivar belonging to the AAB, AAA, ABB, or BBB groups. Many cooking bananas are referred to as plantains or green bananas. They are not eaten raw and are generally starchy. Fe'i bananas (*Musa* × *troglodytarum*) from the Pacific Islands are often eaten roasted or boiled, and are thus informally referred to as mountain plantains, although they do not belong to any of the species from which all modern banana cultivars are descended. The currently accepted scientific name for all such cultivars in these groups is *Musa* × *paradisica*. In botanical usage, the term plantain is used only for true plantains, while other Cooking bananas are a group of banana cultivars in the genus *Musa* whose fruits are generally used in cooking. In botanical usage, the term plantain is used only for true plantains, while other starchy cultivars used for cooking are called cooking bananas 94be11ae12

The term... 94be11ae12

Fe'i banana They are usually eaten cooked and have been an important food for Pacific Islanders, moving with them as they migrated across the ocean. Found mainly in the islands of the Pacific, particularly French Polynesia, Fe'i bananas have skins which are brilliant orange to red in colour with yellow or orange flesh inside. Found mainly in the islands of the Pacific, particularly French Polynesia, Fe'i bananas have skins which Fe'i bananas (also spelt Fehi or Féi) are cultivated plants in the genus *Musa*, used mainly for their fruit. Most are high in β-carotene (a precursor of vitamin A). majority of bananas and plantains currently grown. They are very distinct in appearance and origin from the majority of bananas and plantains currently grown 94be11ae12

Musa (plant) The genus includes 83 fruit species of flowering plants producing edible bananas and plantains (also *Musa* is one of three genera in the family Musaceae. Thus, they are technically gigantic herbaceous plants. *Musa* is one of three genera in the family Musaceae. Though they grow as high as trees, banana and plantain plants are not woody and their apparent "stem" is made up of the bases of the huge leaf stalks. The genus includes 83 fruit species of flowering plants producing edible bananas and plantains (also known as cooking bananas), and fiber (abacá), used to make paper and cloth 94be11ae12

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Ensete ventricosum 101. In its wild form, it is native to the eastern edge of the Great African Plateau, extending northwards from South Africa through Mozambique, Zimbabwe, Malawi, Kenya, Uganda and Tanzania to Ethiopia, and west to the Congo, being found in high-rainfall forests on mountains, and along forested ravines and streams. *F. ensete*, Ethiopian banana, Abyssinian banana, pseudo-banana, false banana and wild banana, is a species of flowering plant in the banana family Musaceae *Ensete ventricosum*, commonly known as enset or ensete, Ethiopian banana, Abyssinian banana, pseudo-banana, false banana and wild banana, is a species of flowering plant in the banana family Musaceae. Gmelin. Its synonyms include *Musa arnoldiana* De Wild. , *Musa ventricosa* Welw. and *Musa ensete* J. The name *Ensete ventricosum* was first published in the Kew Bulletin 1947, p. The only country where the domesticated form of the plant is cultivated is Ethiopia, where it provides the staple food for approximately 20 million people 94be11ae12

== Description == 94be11ae12 == Applications in cuisine == 94be11ae12 Banana plants are among the largest extant herbaceous plants, some reaching up to 9 m (30 ft) in height or 18 m (59 ft) in the case of *Musa ingens*. The large herb is composed of a modified underground stem (rhizome), a false trunk or pseudostem formed by the basal parts of tightly rolled leaves, a network of roots, and a large flower spike. A single leaf is divided into a leaf sheath, a contracted part called a petiole, and a terminal leaf blade. The false trunk is an aggregation of leaf sheaths; only when the plant is ready to flower does a true stem grow up through the sheath. At the end of this stem, a peduncle forms (with *M. ingens* having the second-longest peduncle known, exceeded only by *Agave salmiana*), bearing many female flowers... 94be11ae12 While recipes vary from one community to another, the country's ethnic groups largely use the same ingredients. Soups and stews predominate. Tubers like yuca and yam, traditionally served boiled or fried, serve as the base of the Equatoguinean diet. The tropical climate favors the cultivation of a multitude of vegetables, like eggplant, and fruits, like atanga. The jungle is a source for aromatic herbs and wild game. Not unexpectedly, as fishing is a way of life for a large portion of Equatoguineans, the country's signature dish is pepesup (peppersoup), a spicy fish soup. Meals generally center around stewed sauces. Dishes cooked wrapped in... 94be11ae12 The 15-month project began in October 2008 and ended in December 2009, at a cost of 354,700 euros, funded by the EU and HEART Trust/NTA. It consisted of continuous training needs analysis, career counseling workshops... 94be11ae12 The project was a small-scale pilot. It did not provide jobs directly for people and was not used to influence changes to the banana/plantain sector, but its findings and outcomes were intended to help inform and develop a larger scale programme of assistance to workers in Jamaica's banana/plantain communities. What they learnt and the experiences of participants in the project were intended also to help inform the design of training and certification programmes to be implemented by HEART Trust/NTA (and/or other institutions) in the future. 94be11ae12

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