

How to Prepare Frozen Banana Leaves

Place package in the fridge to thaw the night before. The next day, place a tall pot or colander upside-down in the centre of the kitchen sink, as a stand (photo below, left). Set a cutting board on top of the colander or pot; wash the banana leaves, one by one, by placing on the cutting board, washing with running water and gently rubbing with a clean cloth, while moving and folding the leaf to wash all the surface (photo below, centre). Flip and repeat with the other side. Extend a kitchen towel on a counter, and place the clean banana leaf on top; dry with paper towels, flip and dry the other side (photo below, right):



Repeat with the other leaves. At this point, the leaves may be wrapped with a towel or placed in a large plastic bag and kept in the fridge for a couple of days.

Before using, the leaves must be roasted to make them pliable; place a baking sheet on the stove over medium heat. Run the leaves over, with the smooth side facing up; the surface will quickly become shiny:



The leaf will be pliable. Do not over cook or they will burn and become brittle again. Repeat with the other leaves.