



Delicious Turon: Filipino Fried Banana Rolls Recipe

Introduction

Turon, also known as banana lumpia, is a delightful Filipino snack or dessert that has gained popularity for its crispy, sweet exterior and delicious banana filling. Wrapped in traditional spring roll wrappers and deep-fried until golden brown, these treats are often coated in caramel, making them an irresistible indulgence. Perfect for serving at gatherings or enjoying as a sweet treat anytime, here's how you can make this delectable dish at home.

Detailed Ingredients with measures

- 8 lumpia or spring roll wrappers - 2 large bananas, preferably saba variety - 1 can jackfruit in syrup (optional) - 1/2 cup (107 grams) dark brown sugar - 2 teaspoons cornstarch - 2 tablespoons cool water - 4 cups vegetable oil, for frying - 1 cup (200 grams) granulated sugar, divided, for the caramel

Prep Time

Preparation time for this recipe is approximately 15 minutes.

Cook Time

Cooking time will take around 10 minutes, depending on the batch size.

Total Time

The overall time to make turon is about 25 minutes.

Yield

This recipe yields 8 servings, making it perfect for sharing with family and friends. Enjoy the delightful crunch and sweetness of Turon, fresh from your kitchen! These banana-filled treats are sure to be a hit for anyone who tries them.

Detailed Directions and Instructions

Prepare the Wrappers:

Separate the 8 lumpia wrappers and cover them with plastic wrap to prevent drying.

Prepare the Bananas:

Peel the bananas and cut each into four pieces: first lengthwise, then crosswise, yielding 8 pieces in total.

Prepare the Jackfruit (if using):

Drain the jackfruit from the syrup. Pat dry with paper towels and slice into 1/4-inch strips.

Set Up the Coating and Sealing Mixtures:

Place the dark brown sugar in a shallow dish. In a small bowl, mix the cornstarch with the cool water to create a sealing paste.

Assemble the Turon:

Lay a lumpia wrapper on a clean surface. Roll a banana piece in the brown sugar to coat it thoroughly. Place the sugared banana near the bottom center of the wrapper. Add 4 slices of jackfruit on top of the banana, if using. Fold the bottom of the wrapper over the filling, roll once, fold in the sides, and continue rolling until about an inch of the wrapper remains. Brush the remaining edge with the cornstarch mixture to seal. Repeat with the remaining ingredients.

See also Chia Seed Pudding

Fry the Turon:

Heat the vegetable oil in a medium pot to 350°F (177°C). Carefully place the turon into the hot oil, frying in batches to avoid overcrowding. Fry each piece for about 2 minutes per side, or until golden brown and crisp. Remove and place on a wire rack to cool for approximately 20 minutes.

Prepare the Caramel Coating:

After the turon have cooled, begin making the caramel. In a clean saucepan, heat 1/2 cup of granulated sugar over medium-high heat until it melts and turns amber in color. Gradually add the remaining 1/2 cup of sugar, swirling the pan to incorporate and melt all the sugar into a clear, dark amber caramel. Once fully melted, remove from heat.

Coat the Turon with Caramel:

Using tongs, dip each fried turon into the caramel to coat evenly. Place the coated turon on parchment paper or a silicone mat to cool until the caramel hardens, about 5 minutes.

Serve:

Enjoy the turon immediately for the best texture and flavor.

Notes

Storage:

Turon is best enjoyed fresh, but you can store leftover fried turon in an airtight container for up to 2 days. Re-crisp in an air fryer or oven before serving.

Variations:

Feel free to experiment with other fillings such as mango or sweetened coconut to customize your turon.

Safety Precautions:

Be cautious when frying; ensure that the oil is not too hot to avoid burning the turon. Use a thermometer for accuracy.

Cook Techniques

Preparing the Wrappers

Separate the lumpia wrappers and cover them with plastic wrap to prevent them from drying out while you prepare the filling.

See also [Halloween Sugar Cookie Brownies](#)

Preparing the Bananas

Peel and cut the bananas into pieces for filling. Each banana is typically cut lengthwise and then crosswise for even portions.

Preparing the Jackfruit

If using, drain the jackfruit from its syrup, pat it dry, and slice it into strips for adding texture and flavor to the turon.

Setting Up the Coating and Sealing Mixtures

Have the brown sugar ready in a shallow dish for coating the bananas and prepare a cornstarch paste with cool water for sealing the wrappers.

Assembling the Turon

Roll the sugared banana and jackfruit in the wrappers neatly, ensuring the filling is secure by properly folding and sealing the edges.

Frying the Turon

Heat the oil to the right temperature and fry the turon in batches, allowing them to become golden brown and crisp without overcrowding the pot.

Preparing the Caramel Coating

Melt the granulated sugar in a saucepan until it reaches an amber color, creating a smooth caramel sauce for coating the fried turon.

Coating the Turon with Caramel

Dip the cooled turon in the caramel to achieve an even coating and let them set on parchment paper or a silicone mat.

Serving the Turon

Serve the turon immediately after coating for optimal texture and flavor. Enjoy as a delightful snack or dessert.

FAQ

Can I use other types of bananas for this recipe?

While saba bananas are preferred for their sweetness and texture, you can use other varieties like plantains or Cavendish bananas if necessary.

Is jackfruit necessary for turon?

Jackfruit is optional. It adds extra flavor and texture, but you can skip it for a simpler version.

Can turon be made ahead of time?

You can prepare the wrapped turon in advance and store them in the refrigerator until you are ready to fry them. However, it's best to fry them fresh for the best texture.

See also [Banana Oatmeal Muffins](#)

What should I do if the caramel hardens too quickly?

If the caramel hardens, you can reheat it gently over low heat, stirring until it becomes fluid again.

How do I store leftover turon?

Leftover turon can be stored in an airtight container at room temperature for a day or in the refrigerator for up to three days, though the caramel may lose its crunch.

Conclusion

Turon is a delightful Filipino treat that combines the sweetness of bananas and the crispiness of spring roll wrappers, all beautifully coated in caramel. Whether served as a snack or dessert, this recipe allows for versatility and creativity in the kitchen. The combination of flavors and textures makes turon a must-try dish that resonates with anyone craving something sweet and satisfying. Enjoy making and sharing this delicious delicacy with family and friends!

Variation with Mango

Replace the bananas with ripe mango slices for a tropical twist on the classic turon. The sweetness of mango pairs wonderfully with the crunchy wrapper and caramel.

Chocolate-Dipped Turon

After frying, dip the turon in melted chocolate instead of caramel for a rich and indulgent variation. You can also add sprinkles or nuts for extra texture.

Nutty Banana Turon

Incorporate crushed nuts such as peanuts or almonds into the filling for added crunch. This adds a delightful nuttiness that complements the bananas perfectly.

Coconut Flavored Turon

Sprinkle shredded coconut on the banana before wrapping it to introduce a chewy and flavorful element that enhances the tropical flair of the turon.

Turon Alique

For an adventurous take, mix in crab fat (alique) with the bananas for a savory-sweet combination that embraces bold flavors. This unique twist is sure to surprise your taste buds.

Turon with Cream Cheese

Spread a thin layer of cream cheese on the wrapper before adding the banana for a creamy, tangy flavor that provides a delightful contrast to

the sweetness of the fruit.

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