



# GOROHO BANANA: A NORTH SULAWESI SPECIALTY—SAVORY, HEALTHY, AND RICH IN TRADITION

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Did you know that Indonesia is home to a wide variety of bananas? One of the most unique and special types comes from North Sulawesi—it's called the Gorocho banana. Not only is it delicious, but it also has a distinct shape and taste that sets it apart from the bananas we usually eat!

Gorocho bananas are relatively short, with green skin when unripe that turns pale yellow when ripe. But here's the interesting part—this banana isn't typically eaten raw like most bananas.

People prefer to fry or steam it first. The result is a savory and tasty treat, especially when paired with chili sambal or grilled fish. In North Sulawesi, it's commonly enjoyed as a breakfast item or an afternoon snack.

According to [gorocho.id](http://gorocho.id), Gorocho bananas don't just taste good—they're also packed with health benefits. They contain fiber, vitamins, and minerals that are great for the body. The fiber helps with digestion, while the vitamins and minerals help strengthen the immune system.

Perfect for growing kids, right?

You can even find Gorocho banana snacks easily at the Passenger Terminal Waiting Area at Manado Port.

In the children's storybook series: *Stories from the North*, written by children of Bunaken as part of a collaboration between Pelindo and the North Sulawesi Literacy Association, there's a story about two friends who meet on the shores of Bunaken.

In the story, the two friends enjoy Gorocho bananas fried without batter—of course with spicy dabu-dabu sambal—while sharing stories about their dreams. The next morning, they plan to ride a glass-bottom Katamaran boat to see colorful fish up close.

It's a simple story but rich in meaning: about friendship, the beauty of nature, and pride in local cuisine.

Gorocho bananas aren't just tasty and healthy—they can also be part of meaningful, inspiring stories. So, let's celebrate our local fruits, and don't be afraid to write your own adventure!