



BAKERS NUTTIKRUST® BANANA CRÈME BRÛLÉE WITH NUTTIKRUST PRALINE

INGREDIENTS:

Brûlée:

- 15 g unsalted butter
- 3 bananas, peeled and coarsely chopped
- 90 g white sugar granulated white sugar
- Juice of lemon
- 750 ml fresh cream
- 1 vanilla bean
- 8 egg yolks

Praline:

- 60 ml water
- 230 g castor sugar
- 80 g flaked almonds
- 100 g BAKERS Nuttikrust® biscuits, crushed



STEP 1



For the Brûlée:

1. Preheat an oven to 150 °C.
2. Over medium heat, melt the butter in a medium sized frying pan, add the bananas, and sprinkle with 15 g of the white sugar.
3. Stir well to blend the sugar and butter. Cook, stirring occasionally, for 5 minutes. The bananas should be lightly caramelized (about 10 minutes).

STEP 2



4. Mash the bananas with the back of a wooden spoon. Add the lemon juice to the banana, remove from heat, divide among 6 wide, shallow crème brûlée dishes or ramekins, and let cool. Place the cream in a pot, split the vanilla bean lengthways, and scrape the seeds into the cream with the tip of a knife.
5. Add the scraped-out vanilla bean, and bring the cream to a simmer. Place the egg yolks and remaining 75 g white sugar into a large heatproof bowl set over a pot of simmering water, stir until the mixture becomes fairly thick (about 15 min).
6. Using a sieve, strain the hot cream over the eggs, and stir the mixture over simmering water for 10 minutes until the mixture is thick enough to coat the back of a wooden spoon. Remove from heat, and ladle over the cooled banana puree in the 6 dishes (160 ml each).
7. Place the dishes in a roasting pan, and fill the pan with enough hot water to come halfway up the sides of the dishes. Bake in the preheated oven for 40 minutes until there is a slight wobble when tapped and the custard is just set. Remove the dishes from the pan, and chill them for at least 3 hours.



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STEP 3



For the praline:

1. Line a baking sheet with baking paper.
2. Place the water into a medium sized pot then add the sugar, heat the pot on low until the sugar has dissolved, turn the heat up to medium and bring sugar to a boil. Heat sugar until a caramel colour is reached and just begins to smoke. Immediately remove from heat and add the almonds and crushed BAKERS Nuttikrust® biscuits.
3. Pour the mixture out onto a lined baking tray and spread quite thin using a palette knife and allow to cool.

STEP 4



4. Using a wooden rolling pin or pestle, break the praline into shards and top the brûlées just before serving.