



WE'RE BANANAS FOR THIS
NUTTY DESSERT

This edition, Karma Lake of Menteith Chef Jamie Crombie shares his latest recipe – a crunchy creamy dessert that brings the sweetness with an indulgent blend of ingredients including caramelised banana, pecan crumble and butterscotch...a dessert that will linger long in the memory!

BANANA ICE-CREAM PARFAIT, CAMELISED BANANA, PECAN CRUMBLE AND BUTTERSCOTCH SAUCE RECIPE

Banana Parfait Ingredients

250g of banana purée
112g of sugar
75ml of water
185ml of double cream
1 vanilla pod, seeds scraped
4 egg yolks

Method

To prepare the parfait, add the sugar and water to a pan and bring to 118°C. In a separate bowl, semi-whip the double cream and vanilla seeds until almost at the soft peak stage. Add the egg yolks to an electric mixer and whisk on full speed until pale and creamy in appearance. Once the sugar mixture has come up to temperature, gradually pour onto the egg yolks in a steady stream, then keep whisking on full speed until the mixture is cool and has doubled in size. Once cool, gently fold in the cream followed by the banana purée. Pour into a terrine mould lined with cling film, then freeze for at least 12 hours to set.



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Pecan Crumble Ingredients

500g plain flour
200g caster sugar
250g slightly softened butter
1tsp ground cinnamon
1 pinch sea salt
175g chopped pecans

Method

Mix the flour, sugar, salt and cinnamon in a large bowl, then rub in the butter to create a rough crumble texture. Bake the mixture on a large tray lined with parchment paper, at 140c for about 30 min stirring regularly to break up the crumble mix, add the pecans and bake for a further 10-15 minutes or until the crumble is dry and crumbly.

Butterscotch Sauce Ingredients

250g Butter
200g Light Brown Sugar
50g Dark Brown Sugar
250ml Double Cream
1 Pinch of Salt

Method

In a large saucepan melt the butter and sugars together until a caramel is formed, add the double cream and pinch of salt mix well and then bring back to a simmer

To serve – Slice some banana and coat one side with light brown sugar and sear sugar side down in a dry non-stick pan until the sugars start to caramelize, turn and remove from heat. Remove the ice-cream parfait from the freezer, carefully remove the cling film and cut a slice. Serve the warm banana, and crumble on top and drizzle with butterscotch sauce.