

## Banana Brulees Recipe

Banana Brulees

Prep Time ~ 20 mins	Cooking Time ~ 30 mins
Approx Cost ~ £2.90	Difficulty ~ Easy
Freeze ~ No	Serves ~ 6

Tip ~ Make sure you cook these custards in the 'water bath' according to the recipe, as this will ensure they cook gently and ensure they stay soft and creamy in the centre.

### Ingredients:

300ml/ ½ pint single cream

1 egg

2 egg yolks

25g /1oz caster sugar

Few drops vanilla essence

225ml/8fl oz double cream

2 tablespoons natural yogurt

3 medium - sized ripe bananas

Squeeze lemon juice

4 level tablespoons Demerara sugar

### Method:

- Heat the oven to 160C, 325F, gas mark 3
- Lightly butter 6 individual ramekins and place in a large roasting tin.
- Heat the single cream almost to the boil. While the cream is heating, lightly beat the whole egg, egg yolks, sugar and vanilla in a bowl.
- Stir in the hot cream and blend well.
- Strain the custard into a jug and pour into the prepared dishes, don't fill more than half full.
- Fill the roasting tin to a depth of ½ inch with warm water. Place the custards in the preheated oven and bake for 25-30 minutes or until set.
- Cool, then refrigerate until chilled.
- Whip the double cream to soft peaks and fold in the natural yogurt.
- Mash the bananas with a squeeze of lemon juice.
- Spoon the banana over each chilled custard, cover with the whipped cream. Refrigerate for several hours.
- About 1 hour before serving, sprinkle the tops generously with the sugar to cover the surface evenly. Place

under a hot grill to melt the sugar, about 1 minute.

- Place in a fridge until the sugar topping becomes crisp.