

BANANA PUDDING
W/ COCONUT
CARMEL
SAUCE
Niuafe Malupo





BANANA PUDDING W/ COCONUT CARAMEL SAUCE

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Ingredients:

Cooking Method:

Cake Recipe

4 x eggs
4 x ripe bananas
350g plain flour
250g salted butter
¾ cups coconut milk
300g dark brown sugar
10g baking powder
10g baking soda
Vanilla extract

Caramel Recipe

2 cups sugar
200g butter
375ml coconut cream
Salt

Vanilla ice cream

1. Pre-heat oven to 170°C.
2. Beat butter and sugar until pale and fluffy in a food processor or in a large mixing bowl by hand.
3. Add in eggs one at a time. Mash bananas, add vanilla extract and add to mixture.
4. Sift flour and baking powder together in a separate bowl.
5. In a saucepan, heat milk just until hot and add baking soda and stir.
6. Add half the flour mixture and half the milk into butter mixture in mixing bowl. Fold through gently.
7. Add remaining flour and milk into mixing bowl and fold in.
8. Pour batter in a 23cm diameter tin, lined with baking paper.
9. Bake in a pre-heated oven for 50 - 60 minutes, or until skewer comes out clean when inserted into middle of the cake.
10. For the coconut caramel - heat sugar in medium size sauce pan at med / high heat. Continuously stir sugar with wooden spoon ensuring the sugar doesn't burn.
11. Once sugar starts to dissolve, continue stirring until lumps dissolve and the sugar starts to caramelize and turn a deep golden colour. Ensure sugar doesn't turn brown and burn.
12. Once sugar turns a deep golden, gently add in the cubes of butter and keep stirring until it starts to simmer and looks foamy.
13. Using a whisk, stir caramel gently and slowly pour coconut cream into the saucepan until smooth. Be careful of any hot splashes.
14. Take saucepan off heat and add pinch of salt, or more to taste.
15. Serve whilst still hot by cutting a slice of cake and generously cover with caramel sauce. Add spoon of vanilla ice cream to accompany.

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