

Polwhele House Chinese New Year Recipe Card



Toffee & Sesame Bananas

Ingredients

- 6 large bananas, peeled and quartered
- 8 tbsp light muscovado sugar
- 2 tbsp butter
- 200ml double cream
- 2 tbsp sesame seeds, toasted
- good-quality vanilla ice cream, to serve



Prep: 10 mins Easy Serves 8
Cook: 10 mins

Traditional toffee bananas are deep-fried, but this is a lighter version, served with caramel sauce

Method

STEP 1

Toss the bananas in 2 tbsp of the sugar.

Heat a griddle to medium, then cook the bananas, a few pieces at a time, until sticky and showing griddle marks. Keep warm in a low oven.

STEP 2

For the sauce, put the remaining sugar, the butter and cream into a saucepan and stir over a gentle heat until the sugar has melted.

Stir in the sesame seeds.

Can be made up to a day ahead. To serve, put a few pieces of banana into 8 serving dishes, spoon over some of the caramel, then top with a scoop of ice cream.

