

Caramelised Bananas, Banana Milk, Banana Bacon, Macadamia, Salted Toffee Ice Cream

Salted Toffee Ice Cream

Ingredients (Yield 6 Servings)

Salted Toffee

125g Sugar, Castor

150ml Cream

2g Salt, Maldon Sea

75g Butter, Unsalted

Ice Cream

7ea Egg, Yolks

125g Sugar, Granulated

100ml Cream

250ml Milk, Full Cream

1ea Gelatine, Leaf

Method:

Salted Toffee

1. First make the salted toffee by placing the sugar into a heavy based saucepan.
2. Place the saucepan over a medium heat and cook the sugar to a rich, golden caramel. Do not stir at all.
3. Carefully add the cream, as the caramel will spit as you do it.
4. Whisk to combine and add the sea salt and finally add the unsalted butter.
5. Take the salted toffee off the heat and keep to one side.

Ice Cream

1. *Whisk the egg yolks and sugar together until pale in colour.*
2. *Place the cream and the milk in a saucepan, bring gently to a simmer and pour the hot milk cream on to the egg yolks, whisk as you do so.*
3. *Return the mixture to the saucepan and stir continuously over a low heat until it coats the back of a spoon.*
4. *Pass the custard through a fine sieve onto a clean bowl.*
5. *Add the salted toffee and stir to combine.*
6. *Soak the gelatine leaf in cold water to soften, squeeze out the excess water and whisk into the ice cream mixture to dissolve.*
7. *Place bowl on an ice bath and stir occasionally until the ice cream mixture has cooled down.*
8. *Freeze in an ice cream machine according to manufacturer's instructions.*

Caramelised Milk

Ingredients (Yield 6 Servings)

1 ea Milk, Condensed, Tin

Method:

- 1. Place the sealed can of condensed milk into a large saucepan, cover with water, bring the water to a steady simmer than cook the condensed milk for 3 hours.*
 - 2. Top up the water during the cooking time if necessary.*
 - 3. Remove the condensed milk can from the water.*
 - 4. Allow to cool down completely before opening the tin.*
 - 5. Transfer the caramelised condense milk into a disposable piping bag and keep on the side.*
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Pastry Crumbs

Ingredients (Yield 6 Servings)

120g Butter, Unsalted

60g Sugar, Granulated

130g Flour, Plain

15g Flour, Corn

Method:

- 1. Preheat the oven to 170°C.*
 - 2. Place all the ingredients into a bowl and using your fingers rub the mixture together until you have a rough crumb.*
 - 3. Spread the pastry crumb mixture on a lined baking sheet and place in the oven for about 20 – 30 minutes or until slightly browned.*
 - 4. Allow the pastry crumbs to cool down than place in a food processor and quickly process into a fine crumb.*
 - 5. Store the pastry Crumbs in an airtight container until required.*
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Banana Milk Foam

Ingredients (Yield 6 Servings)

3ea Bananas, Ripe, Large, Sliced

300ml Milk, Full Cream

100ml Cream

90g Sugar, Granulated

2ea Gelatine, Leaves

2ea Nitrogen, Gas Cartridges

Method:

- 1. Place the sliced bananas, milk, cream and sugar in a medium saucepan and bring to the simmer.*
- 2. Remove from the heat and allow the mixture to infuse for 30 minutes.*
- 3. Soak the gelatine leaf in cold water to soften, squeeze out the excess water and melt over a low heat to dissolve.*

4. *Strain the banana milk through a fine sieve into a cream canister and charge with 2 nitrogen gas cartridges and refrigerate until required.*
 5. *Take the banana milk out of the refrigerator 30 minutes before service so it has a chance to reach room temperature before serving.*
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Caramelised Bananas

Ingredients (Yield 6 Servings)

*6 ea Bananas, Peeled, Cut in Half
150g Sugar, Castor
60ml Water, Hot*

Method:

1. *Trim the banana halves to even lengths.*
 2. *Put the sugar and a splash of water into a heavy based saucepan and stir to dissolve.*
 3. *Place the saucepan over a medium heat and cook slowly til a rich golden brown colour.*
 4. *Be careful with the colour, if the caramel is not dark enough it will lack depth of colour but if you take the caramel to far it will taste bitter.*
 5. *Carefully add the hot water, as the caramel will spit as you do so, remove from the heat.*
 6. *Let the caramel cool down slightly, than pour the caramel over the bananas*
 7. *Cover the tray tightly in plastic wrap and keep to one side to cook and cool down.*
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Banana Film

Ingredients (Yield 6 Servings)

*2 ea Small Bananas, Skin On
100g Sugar, Syrup, Lemon Infused
6ea Nuts, Macadamia*

Method:

1. *Preheat the oven to 80°C.*
 2. *Thinly Slice the banana skin on lengthwise 1mm thick.*
 3. *A meat slicer with a guard / hand mandoline can also be used.*
 4. *Dip the skinned banana sheets into the lemon infused stock syrup.*
 5. *Lay them on a non stick baking sheet and dry in the oven for 3 hours.*
 6. *Half way through the drying process turn them around.*
 7. *Store the Banana sheets in an airtight container until required.*
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Stock Syrup Lemon Infused

Ingredients (Yields 1 Litre)

*450g Sugar, Granulated
600ml Water*

1ea Lemon, Sliced

Method:

1. *Place the sugar and water in a heavy based saucepan*
 2. *Do not stir the mixture at all to prevent crystallisation later on.*
 3. *Place the saucepan over a medium heat, Bring slowly to the boil.*
 4. *Remove the stock syrup from the heat, add the lemon slices and allow to cool.*
 5. *Once the syrup has cooled, transfer to a clean container and refrigerate until required.*
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Macadamia Nut Grate

Ingredients (Yield 6 Servings)

3ea Nuts, Macadamia

Method:

1. *Toast the macadamia nuts under the salamander on lowest level.*
2. *Turn every 2 minutes till golden brown.*
3. *Remove from tray and leave to cool down.*
4. *Store in airtight container.*
5. *Grate half a toasted macadamia nut over the dessert before serving.*