



HEALTH SCORE

57%

Banana Sundae with Chili Pepper Marshmallows

READY IN



1610 min.

SERVINGS



2

CALORIES



4978 kcal

DESSERT

Ingredients

- ☐ 2 ounces banana liqueur
- ☐ 2 bananas ripe peeled sliced
- ☐ 0.4 ounce cocoa powder
- ☐ 8 ounces cake flour
- ☐ 0.5 teaspoon cayenne
- ☐ 0.5 teaspoon chili powder
- ☐ 2 cups confectioners' sugar sifted
- ☐ 1.4 ounces plus

- ☐ 3 ounces chocolate dark finely chopped
- ☐ 4 large egg whites
- ☐ 8 large egg whites
- ☐ 16 large egg yolks
- ☐ 8 sheets gelatin powder cold
- ☐ 1.2 ounces glucose solids
- ☐ 2.1 ounces glucose
- ☐ 0.3 cup heavy cream
- ☐ 0.8 cup heavy cream
- ☐ 1.2 ounces dextrose powder
- ☐ 1 quart milk
- ☐ 1.4 ounces powdered milk
- ☐ 1.5 cups sugar
- ☐ 2.5 cups sugar for dusting
- ☐ 3 ounces sugar
- ☐ 2 sticks butter unsalted
- ☐ 2 tablespoons butter unsalted
- ☐ 2 vanilla pod split
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

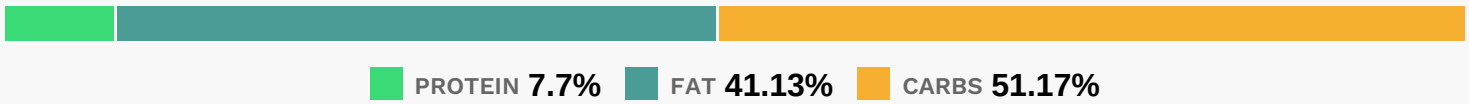
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ blow torch
- ☐ candy thermometer

Directions

- ☐ To make chili pepper marshmallows. Dust a little cornstarch into a baking pan.
- ☐ Place the egg whites in a standing mixer bowl. In a small saucepan with a candy thermometer, put in the sugar, water, and glucose, bring to a boil. When the syrup reaches 248 degrees F, begin whipping the egg whites on high speed. Continue boiling the syrup until it reaches 266 degrees F. Keep the mixer on and remove the syrup from the heat and pour into the egg whites in a thin, steady stream between the whip and the side of the bowl. Lower the mixer speed to medium and stir in the softened gelatin sheets.
- ☐ Add the cayenne and chili powder. Immediately pour the prepared pan. Cover with plastic wrap and leave to dry out for 24 hours.
- ☐ Remove from the pan and cut with a knife into 1 by 1-inch squares, then roll them into a mixture of equal parts of confectioners sugar, sugar, and cornstarch. Save 1 cup for later.
- ☐ To make the vanilla ice cream. In a medium saucepan, bring the milk and heavy cream to a boil.
- ☐ Combine 3/4 cup of the sugar with the stabilizer, glucose, dextrose, and vanilla bean.
- ☐ Add to the mixture to the milk, bring to a boil, then stir in the dry milk. In a standing mixer, whip the egg yolks and the remaining sugar, until light and fluffy.
- ☐ Remove the vanilla bean from the milk mixture.
- ☐ Pour a little of the hot milk mixture into the yolks mixture while mixing on low to temper the yolks. Then gradually mix in the remaining milk. Return the mixture to the saucepan with a candy thermometer and cook over medium heat, stirring constantly until it has reached 185 degrees F, about 2 to 4 minutes. Do not allow the custard to boil. Strain through a fine sieve into a large bowl. Cover loosely and quickly chill by placing the container in an ice-water bath, stirring from time to time. Immediately put the mixture into an ice-cream maker. Store in the freezer for 24 hours.

- ☐ To make the triangle tuiles. Preheat the oven to 350 degrees F.
- ☐ Cut a triangle stencil, by cutting out a triangle shape in the middle of a sturdy plastic plate. In a standing mixer with a paddle attachment, cream butter until smooth, scraping the bowl.
- ☐ Add confectioners' sugar and mix well.
- ☐ Add egg whites and cake flour and mix until just smooth, not over mixing. On a silpat or parchment-lined baking sheet, spread batter thinly into a triangle stencil.
- ☐ Remove the stencil, repeat with remaining batter and bake until golden, about 10 minutes. Set aside and away from humidity.
- ☐ To make the chocolate sauce. In a small saucepan, combine water with sugar, corn syrup, and cacao powder, bring to a boil.
- ☐ Add chocolate and vanilla extract and whisk until smooth. Set aside.
- ☐ In a medium skillet, heat the butter on medium heat.
- ☐ Add banana slices and cook until they are tender and golden brown on both sides. Stir in the reserved 1 cup of chili pepper marshmallows and cook, stirring, for 3 minutes. Deglaze the skillet with the banana liqueur and remove the pan from the heat.
- ☐ To serve, spoon about 3 tablespoons of banana mixture into a bottom of a Martini glass.
- ☐ Garnish the top with some chili pepper marshmallows. Using a propane blowtorch, gently brown the top of the marshmallows. Top with a scoop of vanilla ice cream and drizzle chocolate syrup on top.
- ☐ Garnish with 2 cookie triangles and dust with confectioners' sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:285.73, Glycemic Load:269.15, Inflammation Score:-10, Nutrition Score:70.279999857363%

Flavonoids

Catechin: 10.41mg, Catechin: 10.41mg, Catechin: 10.41mg, Catechin: 10.41mg Epicatechin: 9.77mg, Epicatechin: 9.77mg, Epicatechin: 9.77mg, Epicatechin: 9.77mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg,

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Nutrients (% of daily need)

Calories: 4978.31kcal (248.92%), Fat: 229.21g (352.62%), Saturated Fat: 131.3g (820.63%), Carbohydrates: 641.75g (213.92%), Net Carbohydrates: 629.05g (228.75%), Sugar: 471.6g (524%), Cholesterol: 1964.83mg (654.94%), Sodium: 2631.64mg (114.42%), Alcohol: 8.22g (100%), Alcohol %: 0.54% (100%), Caffeine: 45.43mg (15.14%), Protein: 96.51g (193.01%), Selenium: 189.87µg (271.24%), Calcium: 2111.15mg (211.12%), Phosphorus: 1974.63mg (197.46%), Vitamin B2: 3.05mg (179.65%), Vitamin A: 8432.49IU (168.65%), Vitamin D: 18.6µg (124%), Manganese: 2.42mg (121.04%), Vitamin B12: 6.57µg (109.53%), Copper: 1.75mg (87.27%), Vitamin B5: 8.23mg (82.28%), Magnesium: 306.25mg (76.56%), Iron: 13.61mg (75.61%), Potassium: 2552.89mg (72.94%), Folate: 289.41µg (72.35%), Vitamin B6: 1.41mg (70.37%), Zinc: 9.31mg (62.07%), Vitamin E: 9.16mg (61.07%), Vitamin B1: 0.76mg (50.94%), Fiber: 12.7g (50.79%), Vitamin K: 20.91µg (19.92%), Vitamin B3: 3.67mg (18.35%), Vitamin C: 13.13mg (15.92%)