



Frozen banana & praline parfait



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



558 kcal

DESSERT

Ingredients

- ☐ 200 g sugar
- ☐ 100 g hazelnuts whole
- ☐ 8 servings unrefined sunflower oil for greasing
- ☐ 2 banana black ripe (the skin should be very spotty, but not bruised or)
- ☐ 2 tsp juice of lemon
- ☐ 300 ml double cream
- ☐ 2 egg whites
- ☐ 100 g sugar

- ☐ 4 banana firm ripe

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ blow torch
- ☐ rolling pin

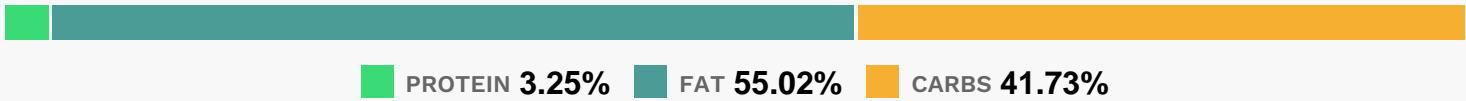
Directions

- ☐ To make the praline, put the sugar into a heavy-based pan with 3 tbsp water.
- ☐ Place over a low heat until the sugar has dissolved and is clear. Don't stir, or it will crystallise. Increase the heat and bubble to a dark caramel (see video technique), about 5 mins.
- ☐ Remove from the heat, stir through the nuts, then tip onto a lightly greased non-stick baking tray.
- ☐ Spread to level and leave to cool. Be careful as the tray will get very hot.
- ☐ When the praline is cold and brittle, break it into pieces. Then, using the end of a rolling pin, smash it up until fairly well crushed. If this is proving hard work, tip into a food processor and pulse until its the texture of coarse breadcrumbs.
- ☐ Line a 1.2-litre loaf tin with a strip of baking parchment (this size tin gives a neat shape, but you can set the parfait in any shaped tin, or individual pudding basins or ramekins). In a bowl, mash the bananas with half the lemon juice until you have a rough pure, then set aside.
- ☐ Put the cream into a bowl and whip until it holds its shape but is still a little soft. In another very clean bowl and using a very clean electric whisk, beat the egg whites with a squeeze more lemon juice until stiff. Slowly add the sugar until you have a stiff, shiny meringue.
- ☐ Gently fold the whipped cream and meringue together, then add the banana and most of the praline, leaving about 4 tbsp to serve. Spoon into the loaf tin, smooth the top and freeze until

firm, preferably overnight.

- ☐ To serve, remove the parfait from the freezer 10 mins before serving and leave in the fridge to soften slightly. Meanwhile, slice the bananas on a slant, allowing 3 slices for each serving.
- ☐ Lay the slices on a baking tray set on a wooden board and scatter heavily with the sugar. Use a blowtorch to caramelize the banana, then set aside. Be very careful as the tray will be extremely hot. If you don't have a blowtorch, place the slices into a hot, dry frying pan and sear the sugar-coated sides until caramelised. Lift and flip them over to a tray.
- ☐ To plate up, sprinkle a neat line of praline just off-centre on each plate. Arrange the slices of caramelised banana at opposing angles. Unmould the parfait, then use a warmed knife to neaten the sides and cut into finger-thick slices.
- ☐ Lay the slice on the opposite side of the plate to the banana and serve straight away.

Nutrition Facts



Properties

Glycemic Index:33.09, Glycemic Load:36.1, Inflammation Score:-6, Nutrition Score:11.931304221568%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg, Catechin: 5.55mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 557.84kcal (27.89%), Fat: 35.65g (54.84%), Saturated Fat: 10.71g (66.96%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 57.31g (20.84%), Sugar: 49.95g (55.5%), Cholesterol: 42.63mg (14.21%), Sodium: 23.91mg (1.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.73g (9.47%), Vitamin E: 8.06mg (53.76%), Manganese: 1.01mg (50.68%), Vitamin B6: 0.41mg (20.47%), Copper: 0.29mg (14.64%), Fiber: 3.52g (14.07%), Potassium: 451.93mg (12.91%), Vitamin A: 613.76IU (12.28%), Magnesium: 47.81mg (11.95%), Vitamin B2: 0.19mg (11.17%), Vitamin C: 9.2mg (11.15%), Folate: 33.88µg (8.47%), Phosphorus: 78.82mg (7.88%), Vitamin B1: 0.12mg (7.73%), Selenium: 4.04µg (5.78%), Vitamin B5: 0.52mg (5.22%), Iron: 0.88mg (4.89%), Calcium: 44.55mg (4.45%),

Vitamin B3: 0.85mg (4.23%), Vitamin D: 0.6µg (4.02%), Vitamin K: 4.18µg (3.98%), Zinc: 0.54mg (3.57%), Vitamin B12: 0.07µg (1.12%)