



Salted caramel banana tatins with crème fraîche ice cream

 Vegetarian

READY IN



55 min.

SERVINGS



2

CALORIES



1983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 vanilla pod
- ☐ 200 ml double cream
- ☐ 100 ml milk
- ☐ 3 egg yolk
- ☐ 85 g brown sugar
- ☐ 300 ml crème fraîche
- ☐ 250 g puff pastry

- ☐ 1 banana peeled
- ☐ 50 g brown sugar light soft
- ☐ 50 g butter
- ☐ 2 tbsp double cream

Equipment

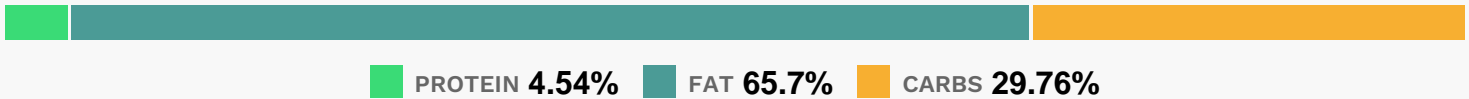
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ To make the ice cream, split the vanilla pod in half lengthways and scrape out the seeds.
- ☐ Put the pod and seeds in a saucepan with the cream and milk, and bring slowly to the boil. Meanwhile, in a bowl, whisk the egg yolks and sugar together until pale.
- ☐ Pour the hot cream mixture over the egg and sugar, whisking continuously.
- ☐ Pour back into the pan, set over a gentle heat and stir with a wooden spoon.
- ☐ Heat gently until the custard mixture thickens enough to coat the back of the spoon, then remove from the heat.
- ☐ Pour the crme frache into a bowl and whisk to loosen. Slowly pour in the hot custard mixture, whisking as you go.
- ☐ Pour the mixture into an ice-cream machine and churn until softly frozen.
- ☐ Transfer to a container, then freeze for 2 hrs to firm.
- ☐ To make the Tatins, roll out the pastry on a floured surface to the thickness of a 1 coin. Using the banana as a guide, cut out 2 pastry lids big enough to fit over the banana, leaving a 1cm border around the edge.
- ☐ Place the pastry on a baking tray and put in the fridge.

- ☐ Set an ovenproof, heavy-bottomed frying pan over a medium heat.
- ☐ Add the sugar, butter and cream, and cook for 5 mins until the sugar has melted and the caramel is bubbling.
- ☐ Add tsp sea salt flakes. Slice the banana in half lengthways and place the 2 halves, cut-side down, into the caramel.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Place a pastry lid on top of each banana half, tucking each in tightly around the edges. This can be done 1 hr ahead.
- ☐ Transfer the pan to the oven and cook for 20 mins until the pastry is risen and golden. Quickly and carefully turn out the Tatins, sprinkle with a few flakes of sea salt and serve with scoops of crme frache ice cream.

Nutrition Facts



Properties

Glycemic Index:99.39, Glycemic Load:37.97, Inflammation Score:-9, Nutrition Score:31.46391329558%

Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 1982.52kcal (99.13%), Fat: 147.29g (226.61%), Saturated Fat: 69.82g (436.39%), Carbohydrates: 150.1g (50.03%), Net Carbohydrates: 146.69g (53.34%), Sugar: 84.59g (93.99%), Cholesterol: 568.2mg (189.4%), Sodium: 600.46mg (26.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.89g (45.77%), Selenium: 56.86µg (81.23%), Vitamin A: 3744.39IU (74.89%), Vitamin B2: 1.08mg (63.61%), Phosphorus: 431.93mg (43.19%), Vitamin B1: 0.65mg (43.05%), Manganese: 0.85mg (42.33%), Folate: 163.52µg (40.88%), Calcium: 399.31mg (39.93%), Vitamin B3: 5.96mg (29.79%), Vitamin K: 28.4µg (27.05%), Iron: 4.79mg (26.62%), Vitamin D: 3.87µg (25.83%), Vitamin B6: 0.5mg (24.87%), Vitamin E: 3.65mg (24.36%), Potassium: 782.12mg (22.35%), Vitamin B12: 1.34µg (22.31%), Vitamin B5: 2.1mg (20.98%), Magnesium: 72.72mg (18.18%), Zinc: 2.38mg (15.9%), Copper: 0.28mg (14.03%), Fiber: 3.41g (13.64%), Vitamin C: 7.14mg (8.65%)