

COCONUT PANCAKES WITH CARAMELISED BANANAS

INGREDIENTS (serves 4)

Pancakes:

100ml Whole milk
225ml Coconut Milk
15g Caster sugar
5ml table salt
2 Eggs
125ml Double cream
Zest of 1 lemon
125g Plain flour, sieved

Bananas:

4 Firm bananas
25g Butter
75g Soft dark brown sugar
25ml Dark rum
50ml Double cream

RECIPE

Pancakes:

Gently whisk the eggs, sugar and salt together. Stir in the milk and lemon zest. Gently mix in the flour and stir until it is all incorporated and no lumps remain. Stir in the cream and coconut milk, then pour through a sieve and refrigerate for 2 hours.

Cook the pancakes as normal and layer them in between sheets of parchment paper. Put to one side to keep warm.

Banana:

Cut the banana into 1 inch pieces. Pre-heat a large sauté pan. Add the butter and bananas, and quickly sauté, colouring slightly (do not over cook). Remove from the pan. Add the sugar and rum to the same pan, turn down the heat, simmer until dissolved. Add the cream and banana back to the pan and gently stir together until warmed through.

To serve:

Fill the pancakes with the caramelised bananas. Serve immediately with vanilla ice cream.