

THAI CARAMEL CUSTARD, BABY BANANA, CARAMEL



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To assemble pour the chilled caramel sauce over the custard and finish off by garnishing with the banana.

Ingredients

Banana chips

3pc of Nam wah Banana

200g sugar

50ml water

Caramel Sauce

100g sugar

400ml cream

Thai Caramel Custard

125ml coconut milk

90g brown sugar

375ml cream

120



Methods and Directions

Banana chips

Peel the Bananas and slice them very thin and then place into a deep fryer at 200 degrees Celsius until golden brown. When taking out of the oil put them on disposable towels to get the excess oil. In a small pot boil the sugar and water until it starts to get light brown color. Add the deep fried banana chips and make sure they are covered all over. Remove from the pot and place on a lightly oiled tray and cool down.

Caramel Sauce

In a small pot caramelize the sugar until golden brown and add the hot cream slowly, let it boil for 2 more minutes and cool it down.

Thai Caramel Custard

Boil the coconut milk and the cream together in a small pot. Mix the egg yolk with the brown sugar and slowly add to the hot milk mixture, whisking at all times. Fill the mixture into the Bamboo and steam for 12 minutes. Place to the side and allow to cool down.

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