

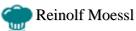
# COCONUT CUSTARD WITH CARAMEL SAUCE AND BANANA CHIPS





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A Thai Caramel Custard steamed in bamboo is served with baby banana chips and a rich caramel sauce.

- Sub Category Name Food Main Courses
- Recipe Source Name
  Dilmah Real High Tea Global Challenge 2015

#### **Used Teas**



Vivid Springtime Chocolate Mint

### **Ingredients**

#### COCONUT CUSTARD WITH CARAMEL SAUCE AND BANANA CHIPS



#### **Thai Caramel Custard**

- 125ml Coconut Milk
- 90g Brown Sugar
- 375ml Cream
- 120g Egg Yolk

#### Caramel Sauce

- 100g Sugar
- 400ml Cream

#### **Banana Chips**

- 3 Nam Wah Banana
- 200g Sugar
- 50ml Water

#### **Methods and Directions**

## COCONUT CUSTARD WITH CARAMEL SAUCE AND BANANA CHIPS Thai Caramel Custard Method

• 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 a bamboo and steam for 12 minutes. Allow to cool.

#### **Caramel Sauce Method**

• In a small pot caramelise the sugar until golden brown and add the cream slowly, let it boil for 2 more minutes and let it cool completely.

#### **Banana Chips Method**

- Peel the Bananas and slice them very thin and then place into a deep fryer at 200°C until golden brown. When taking out of the oil put them on disposable towels to get the excess oil out.
- In a small pot boil the sugar and water until it starts to get a light brown colour.
- 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 let cool.

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