

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 caramelize 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.

