

# CHARDONS

## DAY 6 – DESSERT

Dessert - Banana Cream pie

(VG), (LF), (GF)

Serves 12



### Recipe Ingredients

#### Crust

- 100g gluten free flour
- 150g almonds
- 50g brown sugar
- 100ml vegetable oil
- 1 tbsp golden syrup

#### Filling

- 1 tbsp corn flour
- 2 tbsp brown sugar
- 360ml soya milk
- 1 tsp vanilla extract

#### - Coconut whip

- 400g coconut cream
- ½ tsp vanilla extract
- 2 tbsp brown sugar

#### To finish/garnish

- 3 bananas to finish and garnish (depending on portions)
- Bottle of caramel sauce



CHARDONS  
Morning prep

**9.15am**

*Crust*

1. Preheat oven to 180 degrees and line your cake tin with greaseproof paper using the base to cut around with a knife on a chopping board
2. Take the food processor and blitz almond until it's a fine meal. Add the almond meal, GF flour, brown sugar, veg oil and golden syrup to a mixing bowl and combine
3. Using your hands make sure the mixture is well combined and transfer to the lined cake tin, using your hands to flatten and push to the sides of the tin
4. Place into the centre of the preheated oven and cook for 15 min (checking after 10) at 180 degrees and then another 5 minutes at 120 degrees, or until golden brown around the edges of the tin
5. Once cooked set aside and when cooled cover for the evening

*Filling*

1. In a small/medium saucepan add corn flour and brown sugar and slowly mix in the soya milk. Transfer to the stove and cook out on a medium heat until you can make a swirl in the pan and looks like custard
2. Then transfer to a large mixing bowl and cover with cling film directly touching the filling. Allow to cool on the side for 15 minutes and set in the fridge for the evening

*Coconut whip*

1. Take out the coconut cream tin from the fridge and place into a refrigerated mixing bowl being careful not to pour out any of the coconut water
2. Add the vanilla extract and brown sugar to the mixing bowl and whisk all ingredients with a stand whisk or hand whisk until it resembles whipped cream
3. Place cling film over the top of the bowl and set in the fridge for the evening



**CHARDONS**  
**Evening preparation**

**5.00pm**

1. Take a banana and slice diagonally around ½ cm in thickness and lay on top of the cooked crust
2. Combine the coconut whip into the filling bowl and fold the 2 together
3. Pour the mixture in to the tin, spreading with slightly wet spatula, and set in the fridge ready for service

**8.00pm**

1. Take out of the fridge and portion into 12. Keep what's needed for service and with rest put into plastic containers with greaseproof on the top and bottom and freeze for a later date
2. With the portions to serve drizzle caramel sauce over the top and place onto the dessert plate. Garnish with slices of banana

**Tips**

- put coconut cream in fridge the night before
- Chill the bowl used for the coconut whip for 30 min as will keep everything cool while whisking