

Banana Flambé with California Pistachios and Shredded Coconut

Yield: 4 servings

Sauce:

1/4 cup / 55 g butter
1/4 cup / 110 g packed light brown sugar
3 tbsp / 45 g granulated sugar
1/2 tsp / 1 g Chinese five-spice powder
2 tbsp / 15 g crushed California pistachios
2 tbsp / 30 g fresh orange juice
1/2 tsp / 1 g grated ginger
1-1/2 tsp / 5 g vanilla extract

2 firm ripe bananas, peeled and sliced lengthwise then crosswise

3 tbsp / 45 g grain alcohol

Vanilla ice cream
2 tbsp / 15 g crushed California pistachios
2 tbsp / 10 g shredded coconut
1 tsp / 5 g toasted sesame seeds
Lime zest
Pistachio spikes

Method:

In a wok or saute pan, melt butter over medium heat. Add sugars, Chinese five-spice, pistachios and orange juice; cook until sugar is dissolved. Add grated ginger, and vanilla extract; cook for 15 seconds. Add bananas; cook until soft. Drizzle with grain alcohol and light with a match to flambé. Serve over vanilla ice cream with pistachios, coconut, sesame seeds, and lime zest toppings.

To make pistachio spikes:

Push toothpicks into shelled pistachio nuts, being careful not to push too far and crack the nut. Melt 2 cups (370 g) sugar in a small saucepan over low heat without stirring. When sugar has liquified and turned a medium amber color, dip a pistachio in the caramel to coat. As you pull the nut up from the caramel, a spike will form. Hold the nut up until the spike has cooled enough to harden.

