

Y.Lo to the Rescue

Corporate Caterer of Metro Denver,
DTC, Thornton and Lakewood

This is a great dessert to end the evening with a bang! It is crispy on the outside and soft and warm in the inside.

Sesame Toffee Bananas

Prep Time: 40 mins
Serve 4

To Prepare the Bananas(You can prepare the bananas ahead of time and do the sauce when you are ready to serve dessert)

Batter for bananas:

4 tbsp butter
10 tbsp cold water
12 tbsp all purpose flour
2 egg beaten

Bananas:

2 Firm Bananas cut in 1 inch chunks
4 tsp vegetable oil
1 1/2 cup sugar
1 tbs white sesame seeds
1 tbs black sesame seeds

1. Preheat oven at 400F. In a medium saucepan, add water, butter and bring to a boil. Remove from heat and add flour and mix until smooth without lumps. Let cool for 5 minutes and add egg and mix until smooth.
2. Coat banana chunks with batter and place on a greased non stick cookie sheet. Bake for 15-20 mins until crisp and golden brown. (You can make this ahead of time)
3. In a Medium saucepan, heat oil and sugar over low heat. Cook until sugar is melted and turned golden brown. WATCH THE SUGAR, IT IS EASY TO BURN and EXTREMELY HOT!! Remove from heat and add sesame seeds.
4. Add cooked bananas one by one into the sugar mixture. Coat bananas thoroughly and immediately place in cold water for 15 seconds. Remove from water and place on paper towel to absorb excess water. Serve immediately. If Sugar turns hard while coating, reheat in low heat and repeat the process.

SESAME TOFFEE BANANAS
LEVEL: MEDIUM

Tip:

You can also use this batter for a healthy sesame chicken. Instead of frying the chicken, baking it will be more healthy.

Asian Made Easy

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