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# COCONUT CUSTARD WITH CARAMEL SAUCE AND BANANA CHIPS



Food : Main Courses

## Ingredients

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

### 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.