

# Baked Banana in its skin, candied raisins, spiced caramel and honey tiles

**Recette pour 4 personnes**



## Description

A half banana baked in its own skin, spiced with star anise, cinnamon, vanilla and mint leaves. Served with golden Corinth raisins (currants) and a honey tile.

## Ingrédients

Baked bananas

- 2 Large Banana
- 1 Stick(s) Cinnamon
- 4 Unit(s) Star anise
- 1 Unit(s) Vanilla bean
- 1 Unit(s) Lemon juice
- 200 Gr Brown sugar
- 200 Gr Orange juice
- 80 Ml Amber rum
- 50 Gr Raisins blonds
- 50 Gr Currant
- 8 Leaf(ves) Mint

Honey tiles

- 75 Gr Butter
- 40 Gr Honey
- 75 Gr Sugar
- 2 Gr Pectin
- 0.80 Gr Salt

## Préparations

Temps de préparation **20.00 mins**

Baked bananas

Put the raisins to soak the night before. Drain before use.

Cut the bananas in two lengthwise, making sure to keep them inside their skin. Splash well with lemon juice to avoid oxidation and leave at room temperature.

In a big frying pan, cook the brown sugar to caramelize it, being careful not to burn it. When the sugar is completely melted, deglaze the pan with orange juice and rum. Mix well then add the butter. Let it reduce on low heat for a few minutes.

Place the bananas skin side down in the syrup occasionally splashing the syrup on their top side with a spoon. Add all the spices and raisins and cook on low for a few minutes.

### Honey tiles

In a saucepot, melt the honey, the sugar and the pectine. Remove from the heat and add the butter and salt. Spread evenly on a silpat and cook in the oven for 15 minutes at 170°C (340°F). Remove from the oven. Once cooled, break into smaller tiles.

### Plating

Serve a half banana per person, top with the syrup and garnish with cinamon, vanilla, star anise raisins and a couple mint leaves. Finish the plate with a few pieces of honey tile.

**Bon appétit!**