Ingredients

For banana custard
- 6 egg yolks
- 270 g granulated sugar
- 100 g cornstarch
- 1 liter milk
- 100 g butter
- 5 bananas
- 1 teaspoon vanilla extract (2 packets vanilla powder)
- 1 teaspoon yellow food coloring
- 100 g dark chocolate couverture

For whipped cream
- 500 g heavy cream
- 100 g icing sugar

For base
- 1 package puff pastry (2 sheets)
- icing sugar

Διατροφικός πίνακας

Nutrition information per 100 gr.

<table>
<thead>
<tr>
<th></th>
<th>Calories (kcal)</th>
<th>Total Fat (g)</th>
<th>Saturated Fat (g)</th>
<th>Total Carbs (g)</th>
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<tbody>
<tr>
<td>Banana custard</td>
<td>321</td>
<td>19.0</td>
<td>11.0</td>
<td>33.0</td>
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<tr>
<td></td>
<td>16%</td>
<td>27%</td>
<td>55%</td>
<td>13%</td>
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<tr>
<th></th>
<th>Sugars (g)</th>
<th>Protein (g)</th>
<th>Fibre (g)</th>
<th>Sodium (g)</th>
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</thead>
<tbody>
<tr>
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<td>19.0</td>
<td>4.3</td>
<td>0.8</td>
<td>0.16</td>
</tr>
<tr>
<td></td>
<td>21%</td>
<td>9%</td>
<td>3%</td>
<td>3%</td>
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</table>

Method

This may just be my BEST dessert EVER!

- Preheat oven to 180° C (350° F) Fan.
- Spread out the puff pastry and cut around the edges, if necessary, to make them more even. Cut each sheet of puff pastry into 6 pieces. Dust both sides with icing sugar. Bake for 15-20 minutes.
- Place the bananas in a microwave set to high, for 7-8 minutes. They will be ready when they soften and burst open on their own and the peel turns completely black. This process will work better if you cook 2 bananas first and then the other 3, instead of adding them all together. When you remove them from the microwave, they will be very, very hot. Discard the peels and put the flesh in a bowl.
- In a large bowl, whisk the yolks and sugar with a hand whisk, until they become fluffy. Add 2 tablespoons of milk, the vanilla and cornstarch. Whisk until combined.
- In the meantime, add the remaining milk and sugar in a pot but do not stir. Place over medium to high heat. When it comes to a boil, add a small amount of the mixture to the egg mixture. Whisk to combine. This will help warm up the eggs a little so they don’t cook and turn into an omelet when we add them to the pot. Add 3-4 more tablespoons of the milk to the eggs while whisking continuously.
- Transfer egg mixture to pot. Whisk continuously over low heat, until the new mixture thickens and becomes a custard. It is very important to whisk non-stop or else the custard will create a film on the bottom of the pot that may even burn and also to make it as smooth as possible. You want to taste it to make sure the flour taste has been cooked off. Remove from heat and add the butter. Stir until the butter melts.
- Add the bananas and whisk until they are completely incorporated into the mixture. It should be thick and smooth. Add the food coloring to give it a nice yellow tint. You can omit the food coloring and the custard will have a nice creamy color, but I like to add it to give it a stronger “banana” appearance!
- Spread banana custard into a small baking pan. Cover with plastic wrap making sure it is directly touching the surface of the custard. This will keep it from creating a thicker film on the surface. Refrigerate.
- Beat the heavy cream and icing sugar in a mixer with the whisk attachment. When ready combine with banana custard and set aside.
- Start to assemble! If your puff pastry sheets have puffed up enough, you can cut them in half lengthwise and fill them with cream. You can also add some fine shavings of chocolate over each layer of filling. Make 2 layers and cover top layer with some crumbled puff pastry. You can also add some chocolate shavings for a final touch.

**Tip**

You can make the classic Napoleon or Mille Feuille by removing the bananas and the food coloring!