

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Pré Catalan, Paris, France

Baked Whole Banana with Apricots, Pecans, Walnuts and Chivas Regal Whisky



Serves 4

Ingredients

- 4 bananas (180g each)
- 20ml lemon juice
- 100g brown sugar
- 0.2 ltr orange juice
- 80ml Chivas Regal whisky
- 1 vanilla bean
- 20g cinnamon stick
- 200g dried apricot
- 70g pecans and walnuts
- 30g butter
- 15g mint leaves

Method

Wash the bananas and halve them, lengthwise. Brush with lemon juice to prevent discolouration and set aside. Then in large pan over medium heat, caramelize the brown sugar, and pour in the orange juice and Chivas Regal whisky. Reduce slightly. Add the bananas, vanilla bean, cinnamon stick, dried apricots, pecans and walnuts. Simmer over low heat for 3 - 4 minutes, then add in butter and set aside.

Serving

Place 2 banana halves on each serving dish. Spoon over sauce with the apricots, walnuts, vanilla and cinnamon. Garnish with mint leaves.