



# STEAMED BANANA PUDDINGS WITH HONEY GINGER CRÈME ANGLAISE (TM5)

< 10 min. ; 35 min. > easy = 13 portions

## INGREDIENTS

### Banana puddings

125 g unsalted butter, cut into pieces  
125 g dark brown sugar  
3 eggs  
70 g milk  
200 g bananas, broken into pieces  
(2 cm), plus 1 extra banana, cut into  
slices  
200 g self-raising flour  
500 g water

### Honey and ginger crême anglaise

55 g white sugar  
3 tsp ground ginger  
500 g thickened cream  
80 g honey  
100 g egg yolks (approx. 6 eggs)

## USEFUL ITEMS

6-hole silicone baking tray, 7-hole  
silicone baking tray, silicone cupcake  
moulds, serving bowls

## Preparation

### Banana puddings

1. Place a 6-hole silicone baking tray into Varoma dish and place a 7-hole silicone baking tray onto Varoma tray, then set aside.
2. Place butter and sugar into mixing bowl and mix **50 sec/speed 4**.
3. Add eggs and beat **20 sec/speed 3**. Scrape down sides of mixing bowl with spatula.
4. Add milk, 200 g of the banana and flour and mix **20 sec/speed 4**.
5. Divide mixture between prepared silicone moulds. Place 1 banana slice on top of each pudding. Clean and dry mixing bowl.
6. Place water into mixing bowl. Place Varoma into position, secure Varoma lid and steam **18 min/Varoma/speed 2** or until a wooden skewer inserted into the centre of each pudding comes out clean. Set Varoma aside. Rinse and dry mixing bowl.

### Honey and ginger crême anglaise

7. Place sugar and ginger into mixing bowl and mill **10 sec/speed 9**. Scrape down sides of mixing bowl with spatula.
8. Add cream, honey and egg yolks and cook **7 min/90°C/speed 4**. Carefully turn out puddings into serving bowls and top with crême anglaise to serve immediately.

## TIPS

- You can find 6 or 7-hole silicone baking trays at TheMix™ Shop ([www.thermomix.com.au/shop](http://www.thermomix.com.au/shop) or [www.thermomix.co.nz/shop](http://www.thermomix.co.nz/shop)).
- Instead of steaming in the Varoma, you can bake puddings in the oven for 12 minutes (180°C) or until a wooden skewer inserted into the centre of each pudding comes out clean.

## VARIATION

- **Gluten free variation:** Substitute self raising flour with gluten free self raising flour. You will need to steam for an extra 6-9 minutes or until puddings are cooked.