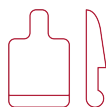




# Zero-Waste Banana Recipe with Zabaione



DIFFICULTY: EASY



PREPARATION TIME: 15 MINS



COOKING TIME: 15 MINS



SERVES: 4

## Ingredients

Banana in parchment paper:

4 organic medium ripe bananas

4 tbsp soft brown sugar

4 **tbsp rum**

50ml **date syrup or maple syrup**

100g **hazelnuts**

For the banana chips:

Banana skins

Coconut oil

**Corn flour**

Salt and pepper

1 tbsp sugar or brown sugar

1 tbsp of cinnamon

For the zabaione:

4 **egg yolks**

## Method

Preheat the oven to 170 °C CircoTherm®.

Wash the bananas well. Peel and halve the bananas. Keep the skins, they will be used to make the banana chips.

Now prepare four rectangles or squares of parchment paper. Evenly distribute the fruit, scatter with chopped nuts or crushed biscuits, and drizzle with maple syrup, rum or fruit juice – you can get creative with your toppings!

Seal the packages so they are airtight and bake in the oven for 15 minutes.

Tip: you can freeze bananas in an airtight container for up to six months. If using frozen bananas for this recipe, make sure to defrost them in the fridge beforehand.

For the banana chips:

Cut the banana skins into pieces and allow to soften for a few minutes in warm water. Meanwhile, mix together the corn flour, salt and pepper. Drain off the water and coat the banana skins with the corn flour mixture. Heat 1–2 tbsp. of coconut oil in a large pan and fry the banana skins in the oil until they are golden.

Tip: You can substitute any neutral-flavoured oil of your choice, but avoid strong-tasting oils like olive oil. Dust with sugar and cinnamon.

2 tablespoons sugar

1 pinch of salt

1 teaspoon **vanilla sugar**

50ml **Marsala or Amaretto**

Equipment:

Parchment Paper

For the Zabaione:

Beat the egg yolk with two tablespoons of sugar, one teaspoon of vanilla sugar and a pinch of salt until the mixture is foamy. Now gradually stir in the Marsala wine or Amaretto. Finally, beat everything briskly until a light brown foam has formed.

Serve the tasty banana dessert with banana chips and Zabaione. Enjoy on their own, or for even more indulgence, serve with Greek some yogurt and peanut butter ice cream.

## Notes

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