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Banana Pudding with Vanilla Biscuit

Ingredients

For the vanilla biscuits 115g butter
90g sugar
1 egg
Three quarters of a tablespoon of vanilla extract
200g plain flour
Half a teaspoon of baking powder
A pinch of salt
For the pudding
130g sugar
35g plain flour
A pinch of salt
675ml semi-skimmed milk
3 large eggs
1 teaspoon of vanilla extract
3-4 ripe bananas
300ml whipping cream
Dark chocolate

Preparation

1 To make the biscuits: [Makes about 30 small biscuits.]

2 1. Place the butter and sugar together in a mixing bowl or food processor and beat together until fluffy and light.

3 2. Break the eggs into a small bowl, beat together then whisk in the vanilla extract. Add this to the butter and sugar and beat everything together.

4 3. Sift the flour into a separate bowl then add the baking powder and salt. Tip some of this flour mixture into the other ingredients, mix together well, then repeat the process until everything is well combined. Wrap the biscuit mixture in a cling film and leave to chill in the fridge for at least 30 minutes.

5 4. Heat the oven to 180 degrees, or 160 degrees fan oven.

6 5. Cover two baking sheets with baking parchment. Scoop

7 out small balls of the biscuit mixture using a teaspoon measuring scoop, roll them into balls in your hands, flatten them slightly and place on the baking sheets, well apart to allow them to spread a little. Bake for about 12 minutes, until the edges are beginning to brown.

8 Allow to cool for a few minutes before removing from the baking parchment

9 once cooled, they should be crisp on the bottom but soft and crumbly inside.

10 To make the pudding: [Makes 6 individual desserts]

11 1. To make the vanilla custard, mix together the sugar, flour and salt. Tip it into a saucepan, stir in a little milk and heat, continuing to gradually add and stir in the rest of the milk. When it is beginning to bubble and thicken, gently cook and stir for a further minute or two.

12 2. Break the eggs into a large bowl and beat together. Tip in a little of the hot milk mixture, stirring as you do so, then add the rest a little at a time, continuing to stir, until it is all combined. Tip it back into the pan and mix in the vanilla extract. Heat gently for a few minutes, stirring continually, until the custard is thickened and smooth. Allow to cool, stirring from time to time.

13 3. Place a layer of biscuits on the bottom of individual dishes, breaking them into large pieces if you need to. Spoon on a layer of custard, cover with a layer of sliced banana

then add another layer of custard and banana.

14 4. Whip the cream then pipe it onto the top of the pudding. Top with finely grated chocolate, and serve with another vanilla biscuit or two.

Cooks Note

Banana pudding is a dessert often made in the southern states of America; it reminds me very much of a similar pudding that my mum used to make when we were children, which we knew as simply “banana custard”.

This sweet dessert may be topped with meringue, or with whipped cream and grated chocolate or fresh fruit, such as maraschino cherries. You can use bought biscuits to save time but freshly baked are always better, and you can enjoy the ones left over with a cup of tea!