

Banana puff pastry tart, coconut almond cream, passion caramel |

Recipe for 4 portions

Description

Crunchy tartlet with exotic flavors, topped with a passion fruit caramel sauce.

Note

You can make the almond cream and the caramel passion sauce the day before.

You can also replace the passion fruit puree with the 35% cooking cream.

Ingredients

Puff pastry

- 0.50 Unit(s) Sheet of puff pastry

Coco almonds cream

- 50 Gr Sugar
- 100 Gr Softened butter
- 100 Gr Egg
- 50 Gr Unsweetened grated coconut
- 50 Gr Almond powder
- 20 Gr Flour

passion fruit sauce

- 75 Gr Sugar
- 25 Gr Butter
- 75 Ml Passion fruit purée

Finishion

- 2 Unit(s) Banana
- 1 Unit(s) Lime zest(s)
- 2 Tbsp Icing sugar

Preparation

- Preparation time **45 mins**
- Preheat your **Oven** at **420 F°**
- Resting time **15 mins**

Puff-pastry

Once the puff pastry is the desired thickness (about 3 mm), prick the entire surface with a fork.

Using a round cookie cutter (10 to 12 cm in diameter), cut out circles.

Turn each circle out onto a baking sheet lined with parchment paper.

Place in the refrigerator for a good 20 minutes.

Coco almonds cream

In your mixer bowl, place the soft butter and sugar and stir vigorously to whiten the mass.

Add the eggs one by one, while sifting the dry ingredients. When the eggs are absorbed, add the dry ingredients and mix well.

Finish with the rum for the taste, place in the fridge overnight ideally, otherwise a good hour.

Montage et cuisson

Assembly

Take the puff pastry circles out of the fridge, using a piping bag fitted with a plain tip, make a nice snail roll (spiral), starting from the center of the circle.

Be sure to leave a good centimeter around the circle without cream.

Place the nice thick banana slices on the surface of the cream, making sure to cover all the cream.

Place in the freezer for 30 minutes before baking.

Baking

Bake in a hot oven, making sure the puff pastry and almond cream are well colored.

Remove the thin banana tarts to a rack.

Passion fruits

Dissolve the sugar in a saucepan by pouring it in several times, once it has completely dissolved, make sure it is golden brown.

Add the butter and stir until it is completely absorbed into the caramel.

Then, in three batches, pour the hot passion fruit puree over the caramel, being careful not to splash it. Stir well each time, then make sure the caramel is smooth, let it cook on low heat for about 3 minutes.

Let the caramel cool down before using it.

Finishion

Place a thin banana and coconut cream tartlet on a plate, sprinkle with powdered sugar, a nice drizzle of caramel passion sauce and finish with lime zest.

Bon appétit!