

# Pancakes stuffed with caramelized bananas, chocolate peanut butter spread and maple syrup sauce

**Recipe for 2**

## Description

A tasty and perfectly sweet recipe.

## Note

You can prepare your covered pancake batter and leave it in the fridge all night !

## Ingredients

### Pancake

- 100 Ml Milk
- 50 Gr Flour
- 1 Unit(s) Egg
- 15 Gr Sugar
- 1 Tbsp Maple syrup
- 1 Tbsp Melted butter
  
- Butter
- Vegetable oil

### Peanut butter and chocolate spread

- 250 Ml 35% cooking cream
- 40 Gr Brown sugar
- 20 Gr Cocoa powder
- 170 Gr Milk chocolate
- 0.50 Cup(s) Peanut butter
  
- Butter
- Vegetable oil

### Caramelized bananas

- 2 Unit(s) Banana
- 0.50 Cup(s) Brown sugar
- 3 Tbsp Maple syrup
- 2 Tbsp Butter
  
- Butter
- Vegetable oil

## Preparation

- Preparation time **40 mins**

### To prepare before class

Get all your ingredients out of the fridge. Weigh all the ingredients that need to be weighed and ready.

You will need :

2 mixing bowls, 1 ladle, 1 wooden spoon, 1 whisk, 1 small cooking pot, 1 spatula, 1 antistick pan and 1 stainless steel pan.

## Pancakes

In a mixing bowl, whisk in your egg, melted butter, sugar and maple syrup and lukewarm milk together. Continue by incorporating your sifted flour, mix again until smooth. Finally add your pinch of salt. Let batter rest on the counter or in the fridge for 30 minutes.

Next, in your antistick pan, splash a bit of vegetable oil and butter and let it melt on medium high heat. Once nice and hot, pour a bit of your pancake batter in the pan with your ladel. Turn your pan with your wrist to help it cover the bottom of the pan. Cook for 2 minutes on one side, then flip it to continue cooking the other side for about 1 minute. We're looking to make very thin pancakes. Once cooked, put them on a plate for now.

## Caramelized bananas

Start by heating up your stainless steel pan, pour in the brown sugar as flat and evenly as possible and let it heat up on medium high heat WITHOUT MIXING IT until it melts evenly, then add in your butter and maple syrup, slightly turning your pan with your wrist. Finally add in your bananas that are cut in half vertically and caramelize them on both sides, then let rest on low heat until your dress your plates.

## Peanut butter and chocolate spread

In a small pot, reunite the cream, brown sugar and the cocoa powder, bring to a boil, lower the heat, whisking constantly and cook for 1 minute. Remove from heat.

In a bowl, put your chocolate in small pieces and your choice of butter (Peanut or Hazelnut).

Pour the hot mixture on this previous mixture and slowly let the chocolate melt for at least 30 seconds on its own.

You can then whisk the hot mixture to make it nice and homogenous.

Put your beautiful pancakes on a plate and garnish the inside with some of your spread and 2 halves of your caramelized bananas, fold or roll the pancake to cover the garnish. Finish by pouring your leftover maple syrup that is in your pan over your stuffed pancake.

Enjoy !

**Bon appétit!**