

Mint Crepes Filled, Banana Cream, Chocolate Sauce and Tropical Fruit



For Four Servings
Preparation Time: 30 Minutes
Cooking Time: 15 minutes

Banana Pastry Cream

1 Cup Whole Milk
¼ Cup Granulated Sugar
1 Vanilla Bean
3 Tbsp Corn Starch
3 Egg Yolks
1 Tbsp Banana Flavoring

Place the milk in a heavy bottomed sauce pan, which can hold at least 3 cups of liquid. Scrape the vanilla bean along with half the sugar and add to the milk. Place on very low heat and allow the milk to get hot, but not boil. Mix occasionally to make sure the sugar is melted. Allow for the milk mixture to steep for five minutes or so.

Meanwhile, separate the egg yolk and place in a bowl, add the corn starch and the remaining sugar. Whisk the egg mixture well.

Bring the milk back to a simmer over low heat. Temper the eggs with milk, then pour the mixture back into the sauce pan, and with a wooden spoon, mix well over medium heat. The mixture will thicken and appear lumpy, continue to mix well over the heat for about three minutes or so, after it has thickened. Pass the mixture through a fine sieved strainer into a bowl. Add the banana flavoring, mix well and cover with plastic wrap, so the wrap touches the cream, as to avoid a crust from developing. (The pastry cream can be prepared up to two days before and kept in the refrigerator).

Mint-Crepes

1 ¼ Cup AP Flour
3 Tbsp Granulated Sugar
4 Whole, Large Eggs
1 Egg Yolk

4 Tbsp Butter, Melted
1 ½ Cups Warm Milk
Few Sprigs of Mint
Powdered Sugar for Dusting
Butter for Cooking the Crepes
Tropical Fruit mixture such as, Pineapples, Mangos and Kiwis, etc., Cut into small pieces.

In a heavy bottomed sauce pan, mix together the milk and the sugar, and gently heat the mixture. Also, melt the butter. Keep them warm.

In a bowl, make a well in the center of the flour, and crack the eggs and the egg yolk in the center. With a whisk, mix the eggs and slowly incorporate the flour as the egg is mixed. Once all the flour is incorporated, slowly add the milk and continue to whisk, then add the melted butter, and mix well to incorporate. Pass through a fine sieved strainer, and place in the refrigerator for at least an hour. This can be done the day before.

Chocolate-Caramel Sauce

1 oz Dark Chocolate
3 ½ oz Crème Fraiche
3 oz Butter
2 oz Light Brown Sugar
1 Tbsp Dark Coco Powder

In a heavy bottomed sauce pan, bring to a gentle boil the crème fraiche, butter and the brown sugar. Then add the chocolate and the coco powder and stir with a wooden spoon well, until smooth. Keep Warm.

To cook the crepes, chop the leaves of the mint finely and add to the crepe batter. Heat a non-stick, small sauté pan. Coat the pan well with butter, and ladle enough crepe batter to coat the pan with a thin layer of the crepe batter. Allow to cook for about a minute or so, or until nicely colored, then with your hands, or a spatula, flip the crepe, and cook for a minute longer, and then slide them onto a plate, and continue to cook the rest of the crepes and keep them warm.

To serve, place a small mound of the chocolate sauce in the center of a plate, and with the back of a spoon, spread it into a circle. Place a mound of the pastry cream in the center. For the crepes, place a table spoon of the pastry cream on one end of the crepe, fill it with the tropical fruit mixture, and gently roll the crepe, and then place it on the plate, on top of the pastry cream. Dust with powdered sugar and serve.