RPM SEAFOOD®

BANANA CREAM NAPOLEON

Yield: 6 Servings



EQUIPMENT

Baking sheet
3-inch round cookie cutter
Mixer (hand or stand)
Mixing bowls
Blender or Immersion blender

INGREDIENTS

PHYLLO

8 sheets phyllo, defrosted
2 Tbsp. butter, melted
½ cup powdered sugar
⅓ cup sugar in the raw
caramel sauce of choice, for drizzling

BANANA FILLING

1⅓ cups banana pastry cream, chilled (see sub-recipe)
1¾ cups heavy cream
½ tsp. rum

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METHOD

PHYLLO

1. Preheat oven to 325°F.
2. Keeping the stack of phyllo covered with a damp towel as you work, place one sheet of phyllo on a piece of parchment paper on a flat work surface.
3. Brush a thin, even layer of melted butter over the phyllo sheet.
4. Sift powdered sugar evenly over the buttered phyllo.
5. Place another sheet of phyllo on top and repeat the buttering and sugaring process twice more, for a total of 4 layered sheets.
6. Repeat with the remaining 4 sheets of phyllo to create a second stack.
7. On the top layer of each stack, brush with melted butter and generously sprinkle with sugar in the raw.
8. Use a 3-inch round cookie cutter to punch out phyllo rounds, about 12 per stack.
9. Place on a parchment-lined baking sheet.
10. Bake for approximately 25 minutes, or until golden brown and crisp.

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½ tsp. banana liqueur

¼ tsp. salt

3-4 medium bananas, peeled and diced

¼ lime, zest

2 tsp. vanilla paste

BANANA PASTRY CREAM

¼ cup milk

3 Tbsp. sugar

1 medium banana, peeled

1½ Tbsp. cornstarch

2 egg yolks

1 Tbsp. butter

2 tsp. light rum

THE WHIPPED CREAM

6 cups heavy cream

¾ cup granulated sugar

2 tsp. vanilla paste

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BANANA PASTRY CREAM

1. Blend the bananas and milk together using a blender or immersion blender until smooth.
2. Pour the mixture into a large pot and bring it to a simmer, stirring often.
3. In a separate bowl, whisk together the sugar, cornstarch, and egg yolks.
4. Slowly ladle the hot banana mixture into the egg mixture, whisking constantly to prevent the eggs from scrambling.
5. Pour the tempered egg mixture back into the pot with the rest of the banana mixture.
6. Cook over medium heat, whisking constantly, until it comes to a boil and thickens.
7. Remove from heat and stir in the butter and rum.
8. Strain the pastry cream into a clean bowl and press plastic wrap directly onto the surface to prevent a skin from forming.
9. Chill before using.

BANANA FILLING

1. Chop the bananas and set aside, covered.
2. In a stand mixer with the whip attachment, whip the heavy cream at a medium speed to medium peaks and set aside.
3. In a separate medium bowl, whisk together the banana pastry cream, rum, banana liqueur, lime zest, and vanilla paste.
4. Fold the whipped cream into the pastry cream mixture.
5. Gently fold in the chopped bananas.
6. Keep covered and refrigerated until ready to use.

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FOR THE WHIPPED CREAM

1. In a stand mixer with the whip attachment, beat the cream and sugar to medium peaks.
2. Add vanilla paste and whip briefly to combine.

FOR BANANA CREAM NAPOLEAN

1. Place one phyllo disk on a plate. Top with a scoop of banana filling and spread gently to the edges.
2. Place another phyllo disk on top, then a scoop of whipped cream. (Pipe the whipped cream, if desired.)
3. Top with the final phyllo disk and dust with powdered sugar.
4. Gently warm the caramel sauce. Slice a banana into ¼-inch rounds and stir into the caramel.
5. Spoon the caramel-coated bananas around and on top of Napoleon and serve immediately.

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