

# BANANA TARTE TATIN



FOOD  
SERVICE



Variation on the classic French dessert Tarte Tatin, which was traditionally made with apples. The dish is cooked “upside down”, with the pastry on top of the filling – this means it stays dry and crisp, while the filling becomes deliciously caramelised.

# BANANA TARTE TATIN



SERVES 2

## INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
100g	<b>Chelsea Caster Sugar</b>	0.00262	\$0.26
40g	butter	0.00840	\$0.34
300g	bananas, firm (approx 3-4 bananas)	0.00400	\$1.20
200g	puff pastry	0.00967	\$1.93
1	egg, beaten	0.20000	\$0.20

## METHOD

Preheat oven to 190°C.

Melt sugar over medium heat in heavy bottomed saucepan and cook without stirring until turns a golden caramel colour. Take off heat and stir in butter. Pour enough caramel into 2 blini pans to generously cover bottom (3-4 Tbsp).

Cut bananas into 5cm pieces and pack tightly into pans.

Roll out pastry and cut into 2 circles with diameter 3cm larger than the base of the pan.

Place pastry circles over top of bananas and tuck in sides neatly. Brush pastry tops with beaten egg.

Bake 15-20 minutes, until pastry well risen and golden.

Gently invert onto serving plate, pouring over caramel, rearrange banana pieces if necessary.

Serve with vanilla ice cream.

## RECIPE VARIATIONS

- Classically made with firm eating apples – peel, core and cut into quarters or eighths (depending on size).
- Can also be made with pears, peaches, nectarines.
- Can be made as a savoury dish with small whole tomatoes, roast shallots and garlic, red onions. These are good individual vegetarian dishes topped with a quality cheese (Goats cheese, Parmesan, Pecorino, Talleggio etc) and served with a lightly dressed salad, or make a good garnish for chicken, fish and meat.
- This dish is a great dessert and can be cooked to order. Make the caramel in larger quantities, then spread onto a lightly greased baking sheet to cool. When cool, break into large pieces. Cut baking parchment circles which will fit into bottom of blini pan, and cover with pieces of broken caramel. Stack and store in airtight container until ready to use. Cut circles of puff pastry slightly larger than diameter of pan, and store chilled interleaved with baking paper dusted with flour to prevent sticking. To serve, simply put the circle of caramel in the bottom of the pan, pack bananas on top, then arrange pastry on top of bananas, tucking in the sides.

Bake in hot oven (200°C) approx 15-20 minutes until pastry golden.

Carefully invert onto serving plate and finish with a quenelle of ice cream, crème fraîche or whipped cream.

<b>TOTAL COST</b>	<b>\$3.93</b>
<b>COST PER PORTION</b>	<b>\$1.97</b>
<b>GROSS PROFIT %</b>	<b>70%</b>
<b>SALES TAX</b>	<b>15%</b>

<b>MIN. SELLING PRICE</b> (per portion)	<b>\$7.54</b>
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Costs based on average wholesale prices at July 2010

## PROFIT

- Approx cost per portion \$1.97+GST. If serving with 100g Kapiti Vanilla ice cream, cost comes up to approx \$3.00. To achieve approx 70% gross profit, suggest a selling price of \$10.50, making this a good dish for a restaurant dessert menu. Selling at \$14 returns approx 80% gross profit.
- Cook to order, so no wastage.

## NUTRITION

- Bananas are high in potassium and dietary fibre, both of which may help prevent high blood pressure.
- Contains gluten, dairy and eggs.

## SERVICE

- Use firm bananas for this dish, they will retain their texture and won't disintegrate whilst cooking.
- Pack bananas in tightly, to retain shape when cooked.
- Excellent served warm or chilled.
- Can be made into large tarte, but this is difficult to serve neatly, best made as individual tartes.