



Custard & Banana Tartlets

Ingredients

75 grams NESTLÉ Cremora Original
400 grams Puff pastry, frozen, ready-to-bake
120 grams Egg, Whole, Raw, Fresh
50 grams Sugars, Powdered
5 grams Vanilla Essence
1 grams Spices, Cinnamon, Ground
1 grams Salt, Table
300 grams Full cream milk
300 grams Bananas, raw
80 grams Egg, White, Raw, Fresh
50 grams Castor Sugar

Instructions

1. Preheat the oven to 200°C and and grease a mini muffin tray. In a pan over medium-low heat, toast the Nestlé CREMORA until light brown.
2. Remove from the heat and set aside to cool. Cut small circles out of the shortcrust pastry and use them to line the holes of the mini muffin tray.
3. Lower the oven temperature to 180°C. Prick each pastry base and bake for 7-10 minutes. Remove from the oven and set aside.
4. In a medium bowl, beat the eggs, then whisk in the sugar, vanilla essence, salt and cinnamon. Lastly, whisk in the toasted Cremora and milk. Pour the custard into the cooled pie shells.
5. Bake for about 18-20 minutes, or until the custard has just set.
6. Remove from the oven and transfer to a cooling rack to cool completely.
7. Using an electric mixer, beat egg whites until stiff peaks form. Gradually add the sugar, 1 tablespoon at a time, beating constantly until the sugar dissolves and the mixture is thick and gloss
8. Once the tartlets have cooled and set, place a banana slice on each tartlet. Pipe the meringue over the banana with a star nozzle to form peaks.
9. Bake for 5 minutes or until the meringue has lightly browned.
10. Serve with coffee and ENJOY!

Nutrients

Carbohydrates	17.08
Energy	137.33
Fats	8.36

81 Minutes

24 Portions

