

VANILLA CUSTARD SOUFFLE

(Serves 3 to 4)

Ingredients:

6 tbs Fresh custard (bought-in)
2 tbs Caster sugar
4 Egg whites
1 oz Butter (soft)
Zest of 2 oranges
1 Vanilla pod seeds removed

2 large Bananas to garnish

METHOD:

Firstly prepare two to three 2-½ inch ramekin dishes with the butter and 1 tablespoon of the caster sugar. Then whisk the egg whites and when they are stiff add the remaining sugar.

Mix the orange zest into the custard with the vanilla seeds, and then gently fold in the whisked egg whites. Spoon the mixture into the buttered and prepared ramekins and place on an oven tray.

Bake in a pre-heated oven at 180°C for 15-20 minutes.

Serve immediately with the diced bananas in a bowl on the side.

This is a great cheats recipe

Instant Banana Ice Cream

Preparation Time: Over 1hr

Ingredients

4 Bananas, peeled, cut into chunks and frozen
(freeze so that you have separate pieces as you would raspberries)
1/4 tsp vanilla essence
3-4tbsp sweetener or sugar to taste
150ml/5fl oz buttermilk

Method:

1. Tip the frozen banana chunks into the food processor. Add the vanilla, sweetener and half the buttermilk.

2. Turn on the processor and let it run for a few moments. Then, while it is still running, pour in the remaining buttermilk in a thin steady stream. Let the machine run until the mixture is beautifully smooth and creamy. Serve at once