Grilled Banana Split
Yield: serves 6

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Ingredients:
Ripe Bananas 2
Brown Sugar 125 ml
35 % Cream 160 ml
Vanilla Extract 2.5 ml
Icing Sugar 30 ml

Method:
Preheat and clean your BBQ. There are two key parts to this dessert. First off is selecting bananas that are yellow and firm.

Green bananas tend to taste a bit starchy, and you will have problems removing a banana that has started to turn brown from the BBQ later.

The second is having a hot and clean grill; if the grill is not hot enough, the sugar will not caramelize quickly and again, the bananas may stick to the grills. Whip the cream using medium speed until soft peaks start to form, about 2-3 minutes.

Add the vanilla and icing sugar and resuming whip for another 2-3 minutes until the peaks slightly stiffen. Place the sugar in a thin layer onto a flat surface such as a plate or cookie sheet.

Cut the bananas in half lengthwise and press the cut side into the sugar until it is completely coated. Turn the BBQ off and wipe with a lightly oiled piece of paper towel, return to high heat.

Place the cut side of the bananas onto the grill so that the sugar will caramelize. Cook until you start to see the sugar bubbling on the fruit’s edges, and the edges begin to char. Remove from grill with the large spatula and set aside.

6. Build your banana split with your sweetened whip cream, favourite ice cream and toppings.

This dessert is best served before it starts to melt and fall apart, so eat quickly after plating.
Serve with fresh whipped cream or vanilla ice cream.

Chef’s Note:
This method works great with other fruit!
Here are some other combinations we recommend:
Niagara Peaches, French Vanilla Ice Cream & Raspberry Sauce
Ontario Apples, Cinnamon Ice Cream & Caramel Sauce
Pineapple, Chocolate Ice Cream & Rum Sauce

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