

Chocolatey baked bananas.

Chocolatey Bananas are a simple yet irresistible treat, perfect for satisfying a sweet craving. These delicious bananas are baked in foil parcels in the oven, which allows their natural sweetness to intensify. Serve with hot, glossy chocolate sauce for a rich, comforting dessert. They are also delicious served with ice cream, making every bite unforgettable.

Ingredients.

Serves four.

25 gr butter softened
40 gr soft light brown sugar
One teaspoon golden syrup*
A small pinch of ground cinnamon
Four large firm bananas
One tablespoon fresh lemon juice.

For the chocolate sauce

100 gr plain chocolate drops
2 tablespoons golden syrup*
15 gr butter
2 tablespoons water.

*) In this recipe you use golden syrup, which can be tricky to measure. Heat the spoon in hot water before you start, as this makes the syrup slide off easily.

Heat the oven to 200 Celsius degrees. Then cut 4 rectangles of kitchen foil for the foil parcels. They should each measure about 30 * 20 centimetres.

Put the butter in a bowl and stir it firmly with a wooden spoon until it is soft and creamy. Then stir in the sugar syrup and cinnamon really well too.

Peel the bananas and cut each one of in half lengthways. Rub them all over with the lemon juice. Then place half a banana in the middle of eight foil rectangle.

Spoon the butter and cinnamon mixture onto the flat sides of the bananas, then press the other banana halves on top, to sandwich the mixture in the middle.

To make a parcel fold to the short edges of the foil over the banana. Then pull the long edges together over the top. Squeeze the foil to seal the parcels.

Put the parcels on a baking tray and bake them in the oven for 15 minutes, until the bananas are tender. While they are cooking make the chocolate sauce.

Put the chocolate syrup, butter and water in a small saucepan. Heat the mixture over a low heat and stir it all the time, until it is smooth. Take the pan off the heat.

Remove the foil parcels from the oven and leave them for about 5 minutes to cool. Carefully open the parcels, watching out for any hot steam.

Carefully tip each parcel so that the bananas and sauce slide into a bowl. Then use a smaller spoon to drizzle chocolate sauce over the bananas.

MIX, STIR & SMILE!