

# Plantain Custard Beignets

(Use of Big Banana® Ripe Plantain Mash)



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And 4 Dessert

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Yield: 12 servings

## Plantain Drop Beignets

- 135g all-purpose flour
- 1/2 teaspoon Salt
- 1 teaspoon Baking powder
- 50g granulated sugar

- 1 teaspoon Vanilla paste
- 50g Egg (1 large)
- 59g evaporated milk
- 135g baked plantain puree
- Oil, for frying
- Powdered Sugar, for finishing

**METHOD:**

1. In a bowl, whisk together milk, egg and vanilla paste until thoroughly combined. Whisk in the room temperature plantain puree until smooth. A few lumps of plantain is ok.
2. In a separate bowl, whisk all-purpose flour, salt, baking powder, and sugar mixing well.
3. Combine the dry ingredients with the wet mixture until smooth. Don't over mix! The batter will be slightly thick.
4. Heat your frying oil to 360 F. Once the oil is hot, drop a spoonful at a time of batter into the oil depending on the size you're going for. Be careful not to fry too many at once, as the beignets will expand.
5. Flip the beignets and continue frying for about 2 to 3 minutes or until they are brown.
6. Transfer beignets to a paper towel to absorb excess oil. Immediately sprinkle a little Kosher salt on top.

**Plantain Custard**

- 4 large egg yolks
- 1⅔ cups whole milk
- 1/2 cup sugar , divided
- 2 tsp vanilla extract or vanilla paste
- 3 tbsp cornstarch
- 2 tbsp salted butter
- 240g baked plantain puree, MIC FOOD

**METHOD:**

1. In a large saucepan, add milk and bring it to a boil. Reduce heat to medium-low to simmer and add in half the sugar.
2. In a medium bowl, add the remaining sugar and cornstarch. Whisk in the egg yolks until combined.
3. Slowly temper half the warm milk in the egg yolk mixture a ladle at a time. Pour egg mixture in the bowl into the saucepan and reduce the heat to low. Use a whisk to keep stirring until the custard thickens (around 4-5 minutes).
4. Use a thermometer to make sure the custard reaches 185F. Once it reaches this temperature, remove the pan for the heat.
5. Add plantain puree, vanilla extract and butter. Stir until well-combined. Pass the custard through a fine mesh strainer to make the custard smoother.
6. Place the custard in an airtight container with plastic film flesh against the surface of the custard. Refrigerate for at least 1 hour, or until set.
7. Use a paring knife or piping tip to create a hole in the center of the cool beignet. Place the custard in a piping bag and begin to fill the cool beignets until full. Dust with powdered sugar and enjoy!