

## NUTRITION: Lazza's Kitchen Adventure

### Banana and Pecan Pudding

A Brand NEW Recipe from Lazza's Kitchen.  
Lazza made his first ever version of Banana and Pecan Pudding from scratch

The pecan is a tree nut in the hickory family with a crunchy texture and sweet flavour. Richer than other nuts, pecans are prized in the culinary world and are often included in luxury nut mixes and tossed with sugar and spices before being baked as a specialty snack or dessert. Pecans grow wild and cultivated throughout the American South, Midwest, and Texas.

#### Ingredients

100g Melted Butter: 275g Self-Raising Flour  
1 teasp Baking Powder: 350g Light Brown Sugar  
150g Pecans (or more if you want - I did)  
4 small bananas (slightly over ripe)  
250ml full fat milk (although use semi if you like)  
3 large eggs  
4 tablespoon Golden Syrup  
Little sprinkling of Nutmeg

Boil the kettle and heat oven to 180C/160C fan/gas 4 . Grease a rectangular baking dish with butter.

Tip the flour, baking powder, 175g sugar, the Pecans, and 1/ 2 tsp salt into a bowl. Mash two bananas into a different bowl, add the melted butter, milk, eggs and whisk together. Pour the wet ingredients into the dry and mix well. Scrape into the baking dish and level the surface.

Slice the remaining bananas lengthways and place on top of the pudding batter, cut -side up. If you want you can also scatter over the some pecans at this point too.

Mix the remaining 175g sugar with the golden syrup , add 300ml boiling water and stir until the sugar dissolves. Pour the hot liquid over the pudding, sprinkle on a little nutmeg, then put on the middle shelf of the oven and bake for 50 mins to 1 hour until the top is set and the sauce is starting to bubble around the edges. It may seem as if there is a lot of liquid before you put it into the oven, but do not worry - the sponge will rise and the liquid soaks in and sinks to the bottom into a sauce.

Serve with ice cream or custard, or both.



During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.  
Why not try out some new recipes and foods yourself?  
More on HMHB recipe pages: [www.hmhb2016.org.uk](http://www.hmhb2016.org.uk)  
This was a great, and very tasty, bake to prepare.