

NUTRITION: Lazza's Kitchen

Banoffee Pie

Lazza is still trying out new recipes
Today - he cooks banoffee pie for the first ever time.

“Credit for the pie's invention is claimed by N Mackenzie and I Dowding, the owner and chef, respectively, of The Hungry Monk Restaurant in East Sussex, England, back in 1971. After trying various changes including the addition of apple or orange, Mackenzie suggested banana and Dowding later said that "straight away we knew we had got it right".



Base: 75g / 3oz butter
200g / 7oz digestive biscuits

Filling: 150g / 5½oz soft brown sugar
150g / 5½oz butter
1 can condensed milk

Topping 2 bananas
150ml / ¼pt double cream
100g / 3½oz chocolate (grated)

- Make the biscuit base first: Add the biscuits into a food bag and crush them using a rolling pin.
- Melt the base butter in a pan.
- Then tip in the biscuits and stir together.
- Pour the mixture into a 23cm tin (I used my pie dish), pressing firmly down.
- Transfer to a fridge to chill for 20-30 minutes.
- Make the caramel: Heat the brown sugar and butter at the same time, stirring well.
- It will come together. Add the condensed milk and keep stirring till it boils.
- Take off the heat.
- Bring the base out the fridge and pour over the caramel.
- Put back in fridge to cool completely (overnight is best)
- When ready to serve - slice the bananas and layer them over the caramel.
- Pour the cream into a bowl and whip them up, using electric hand beaters till thickened and stiff.
- Spoon over the bananas.
- Grate the chocolate over the top.



This is a favourite dessert of mine, and I never thought I could ever make one. I warn you, it is very very sweet!!! But delicious. Small portions I think!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and tasty dessert to prepare.