



Banana Puff Pastry

Course: **Pastries**

Servings
6 servings

Prep time
20 minutes

Cooking time
25 minutes

Total time
45 minutes

Ingredients

For the Pastry:

1 sheet puff pastry (store-bought or homemade)

1 egg yolk, for brushing

For the Filling:

240 ml (1 cup) heavy cream, chilled

2 tbsp vanilla sugar

1 large banana , peeled and sliced

For the Caramel Sauce:

200 g (1 cup) granulated sugar

90 g (6 tbsp) unsalted butter

120 ml (1/2 cup) heavy cream, at room temperature

For Garnishing:

Powdered sugar: Optional, for dusting

Directions

- 1 Prepare the Puff Pastry:** Preheat your oven to 175°C (350°F). Roll out the puff pastry sheet and cut into desired shapes. Fold and shape as needed. Brush with the egg yolk for a golden finish. Bake according to the instructions on the packet, usually for 20-25 minutes, until golden and flaky. Let the puff pastry cool completely, then cut open.
- 2 Prepare the Whipped Cream:** In a chilled mixing bowl, whip the heavy cream until soft peaks form. Add the vanilla sugar and continue to whip until stiff peaks form.
- 3 Prepare the Caramel Sauce:** In a medium saucepan, melt the granulated sugar over medium heat, stirring constantly until it turns into a golden-brown liquid. Add the butter and stir until melted and

combined. Slowly add the heavy cream while stirring continuously. Be careful as the mixture will bubble up. Remove from heat and let cool to room temperature.

- 4 Assemble:** Fill the cooled puff pastry with the whipped cream. Place banana slices on top of the whipped cream layer. Drizzle with homemade caramel sauce. Sprinkle with powdered sugar, if desired. Enjoy!