

Banana Soufflé Pancake

Ingredients

- 12 tablespoons butter
- 6 tablespoons firmly packed brown sugar
- 4 ripe bananas peeled and sliced diagonally ¼ inch thick
- 8 eggs, separated
- 1 1/3 cups milk
- 2 2/3 tsp vanilla
- 2 teaspoon salt
- 1 1/3 teaspoon all purpose flour sifted
- 1 1/3 cups banana puree (about 4 medium bananas)
- ½ cup granulated sugar
- Confectioners' sugar for dusting

Preparation

- Preheat oven to 375F
- You will need to 2 oven proof non-stick pans. Well seasoned cast irons pans work well for this.
- Place a nonstick oven proof frying pan over medium heat, melt the
- butter, pour half of the butter into a bowl and set aside. In the pan add the brown sugar, stir until the sugar melts, then add the sliced bananas, cook 1 minute per side over low-medium heat. Transfer to a plate and set aside to cool.
- Whisk the egg yolks, milk, vanilla and salt into bowl together with the remaining slightly cooled melted butter. Gradually whisk in the flour and stir in the banana puree.
- With an electric mixer on medium speed beat the egg whites until frothy, slowly adding the granulated sugar and beat until stiff peaks form.
- Fold 1/3 of the whites into the banana puree batter and incorporate well, and then fold in the remaining whites. Pour the batter evenly into the two pans, top with the cooled caramelized bananas.

Cooking

- Bake until puffed and golden brown, 25 - 30 minutes.
- Let souffle cool a few minutes before cutting. Cut each pan into 6 slices. Dust the individual slices with confectioners sugar and serve immediately.

Serves 12