

melie's x Panasonic

Roasted Banana Crème Brûlée Doughnuts

Serves 8-10

Brioche Doughnut Dough:

- $\frac{2}{3}$ cup whole cows milk, warmed to room temperature
- 2 large eggs + 1 egg yolk, beaten
- 1 $\frac{1}{2}$ tsp instant active dry yeast
- 2 $\frac{2}{3}$ cups plain or high-grade flour
- 2 Tbsp caster sugar
- $\frac{1}{2}$ tsp fine table salt
- 125g salted butter, diced & softened to room temperature
- About 1 litre canola or vegetable oil, for frying

Roasted Banana Crème Pâtissière:

- 2 large ripe bananas
- 2 large egg yolks
- $\frac{1}{4}$ cup caster sugar
- 2 Tbsp cornflour
- 1 tsp vanilla bean paste
- 1 cup (250ml) whole cows milk
- 30g salted butter, diced
- $\frac{2}{3}$ cup cream, whipped to medium-stiff peaks

Caramel Filling + Brulee Topping:

- $\frac{1}{2}$ cup store-bought dulce de leche or homemade caramel sauce (optional)
- $\frac{1}{2}$ tsp flaky sea salt (optional)
- 3 Tbsp maple syrup or runny honey
- $\frac{1}{2}$ cup caster sugar



Preheat your oven to 200°C regular bake (for the bananas).

Brioche Doughnut Dough: Add the milk, eggs, egg yolk, yeast, flour, sugar and salt to the bowl of the Panasonic bread maker. Set the bread maker to the basic dough function and press start. Once the dough has rested and kneaded for 10 minutes, add the butter to the bowl. Close the lid of the bread maker and leave it to finish the basic dough cycle (including the rise/proofing period). Try to avoid opening the lid during the cycle, except for when adding the butter. While the dough is being made, make the roasted banana crème pâtissière.

Tip the risen dough out of the bread maker onto a lightly floured surface. Knead the dough 5-6 times to deflate any large air bubbles. Dust the top of the dough with some flour. Using a rolling pin, roll the dough out into a circle roughly 2cm thick. Using a 8cm cookie cutter, cut as many circles as you can out of the dough (you should get around 8-9 doughnuts). Line a large oven tray with baking paper and dust the baking paper with some flour. Place the dough circles spaced apart on the lined tray. Cover the dough loosely with a damp tea towel. Place in a warm place to rise for a further 45-60 minutes, or until the dough looks puffy and it springs back when gently touched.

Roasted Banana Crème Pâtissière: Place the whole bananas (in their skin) on a baking tray and bake for 15-20 minutes, or until the banana skin has turned completely black. Set the bananas aside to cool down, then peel off the skin. Blitz the banana flesh into a smooth puree with a stick blender or mini food processor. Set the puree aside to cool.

Add the sugar, egg yolks, cornflour and vanilla to a medium mixing bowl. Whisk together for 1-2 minutes, or until smooth and pale in colour. Set aside. Add the milk to a small saucepan and place over medium heat. Heat the milk until it is hot (but not simmering). Pour the hot milk in a steady stream into the egg yolk mixture, whilst whisking. Whisk together until smooth, then pour the mixture back into the saucepan. Place the saucepan back on low heat and cook for 2-3 minutes, stirring constantly, until the mixture is thickened and glossy (make sure it doesn't start bubbling).

Remove from the heat and whisk in the butter, until it is melted and smooth. Transfer the mixture into a medium mixing bowl and cover it with cling film (press the cling film down so it touches the surface, to avoid a skin from forming). Place into the fridge to cool completely. Once cooled completely, whisk in the banana puree until combined. Fold through the whipped cream gently until combined and no streaks remain. Transfer the banana crème pâtissière to a piping bag fitted with a filling nozzle. Set aside in the fridge until ready to use.

Caramel Filling: Combine the dulce de leche with the flaky sea salt. Transfer the dulce de leche to a piping bag fitted with a filling nozzle. Set aside until ready to use.

Fry Doughnuts: Heat about 3cm of oil in a large, heavy-based frying pan on medium heat. To test if the oil is hot, place the end of a wooden spoon into the oil. If bubbles start to form around the spoon, the oil is hot enough. Adjust the heat as the doughnuts cook as needed.

Using a spatula or slotted spoon, gently lower 3-4 of the doughnuts into the hot oil. Fry the doughnuts, in batches, for about 2 minutes on each side, or until golden brown and risen (make sure the oil isn't too hot, otherwise they will puff up too quickly and burn - turn the heat down to medium-low if needed). Remove the doughnuts from the oil with a slotted spoon and set aside to drain on a wire rack. Set aside to cool down before filling.

Fill Doughnuts: Using a small knife or chopstick, make a small hole in the side of each doughnut. Holding the doughnut in one hand and the piping bag in the other, put the tip of the piping bag into the doughnut hole and gently squeeze in the banana crème pâtissière, until it feels slightly pressurised and well filled. Next, pipe in a small amount of the dulce de leche if using. Carefully wipe off any filling that oozes out of the hole.

Use a pastry brush to brush the top of each doughnut with the honey/maple, then dip the sticky tops into the caster sugar, shaking off any excess. Using a cook's blowtorch, torch the sugar on top until golden and caramelised.

Doughnuts are best served the day they are made.