

# MAPLE PECAN ICE CREAM SUNDAE: CARAMELIZED BANANAS, PECAN HONEY TUILE, ORANGE CRANBERRY COMPOTE AND CANDIED PECANS

*Yield: 4 Portions*

Ingredients	Amounts
<i>Candied Pecans</i>	
Egg whites	10 grams
Water	3 grams
Pecans	113 grams
Sugar	25 grams
Salt	¼ tsp.
 <i>Orange Cranberry Compote</i>	
Sugar	100 grams
Water	75 grams
Orange juice	75 grams
Orange zest, 2" x 1" strips	2 ea.
Vanilla bean, halved, scraped	1 ea.
Cinnamon stick	½ ea.
Cranberries	275 grams
 <i>Cinnamon Whipped Cream</i>	
Heavy cream	275 grams
Powdered sugar	37 grams
Vanilla bean extract	2 grams
Ground cinnamon	¼ tsp.
 <i>Pecan Honey Tuiles</i>	
Butter, softened	72 grams
Powdered sugar	81 grams
Honey	52 grams
Egg whites	45 grams
Whole wheat flour	96 grams
Ground ginger	5 grams
Salt	¼ tsp.
Pecan pieces, small	25 grams
 <i>Maple Pecan Ice cream</i>	
Whole milk	370 grams
Heavy cream	95 grams
Sugar, divided	35 grams
Salt	¼ tsp.

Egg yolks	80 grams
Maple syrup	135 grams
Pecan paste	75 grams

*Caramelized Bananas*

Bananas, peeled, halved	2 ea.
Sugar	½ cup
Bourbon (optional)	1 Tbsp.

**Method**

1. *For the Candied Pecans:* Preheat the oven to 275°F.
2. Whisk the egg whites and water until lightly frothed. Toss the pecans in the mixture and toss with the sugar and salt. Place on a sheet tray lined with lightly oiled parchment paper, and bake for 15 minutes. Stir the pecans and then bake for 12 more minutes until they are no longer sticky. Cool completely.
3. *For the Orange Cranberry Compote:* In a large saucepan, combine the sugar, water, orange juice and zest, vanilla, and cinnamon. Bring to a boil and add the cranberries. Lower to a simmer and cook the cranberries until tender, about 8-10 minutes.
4. Chill and remove the zest strips, vanilla bean pod and cinnamon stick.
5. *For the Cinnamon Whipped Cream:* Whip the cream, powdered sugar, vanilla bean extract, and cinnamon to soft peaks. Keep chilled.
6. *For the Pecan Honey Tuiles:* Preheat the oven to 235°F. In a stand mixer with a paddle attachment, cream the butter, sugar, and honey, periodically scraping down the sides of the bowl.
7. Add the egg whites in 2 additions, and mix until incorporated. Scrape the bowl. Add the sifted flour, ginger, and salt to the bowl and mix until smooth. Fold in the pecan pieces.
8. Spread thinly into 5 to 6-inch circles on a silicone baking mat.
9. Bake for 12-15 minutes or until golden brown and still pliable. Remove from oven, cut the tuiles with a 5" round cutter. Place onto an inverted bowl or ramekin to cool until hardened into bowl-shaped tuiles.
10. *For the Maple Pecan Ice Cream:* In a large saucepot, combine the milk, heavy cream, half of the sugar, and salt. Heat gently, stirring until the temperature reaches 185°F.
11. Whisk the egg yolks with the remaining sugar, decanting about a third to one-half of the hot milk mixture into the egg yolks, stirring to temper them.
12. Pour the egg yolk mixture into the pot with the rest of the heated milk mixture and add the maple syrup. Stir and heat gently until it reaches 185 °F. Mix in the pecan paste and then chill over an ice bath.
13. Once chilled, place in an ice cream maker and churn until thick and soft peaks form. Freeze.
14. *For the Caramelized Bananas:* Slice the bananas in half lengthwise and then in half on a diagonal for 8 pieces.
15. Combine the bourbon (if using) and sugar together in a bowl. Place the bananas on a wire rack-lined sheet pan, and sprinkle the bourbon sugar on the bananas. With a torch, caramelize them until they are golden brown.

16. *To Assemble:* Place the caramelized bananas into a tuile cup, then top with a scoop of the maple pecan ice cream, the orange cranberry compote, and cinnamon cream. Garnish with the candied pecans.

Source: Tkaiya Dryden