

Banana and Liquorice Parcels

Cuisine: Spanish

Category: Sweet

Occasion: Dessert

Servings: 1

Ingredients:

1 banana, peeled

Liquorice Bootlace, enough to wind around the banana

Lemon juice

Galliano liqueur (or brown rum)

Unsalted butter

1 dessert spoon brown sugar

Lemon zest, finely grated

Baking foil

Each recipe makes a single serving

Instructions:

Pre-heat the oven to 220C/425F.

Method:

For each person, make a shallow tray from a square of baking foil. Peel a banana, wind a liquorice bootlace around it, and place it in the foil tray. Add some lemon juice and a shot of Galliano liqueur (failing that, a shot of brown rum will do), a knob of unsalted butter, a dessert spoon full of brown sugar, and some finely grated lemon zest. Turn up the edges of the foil to make a sealed parcel. Place the parcels on a metal tray and bake for 20 to 30 minutes, until the bananas have softened and the other ingredients have made a sauce.

Open at the table to release a cloud of fragrant steam, and eat from the foil with a generous serving of double cream or crème fraiche. Adapted from a dessert that the Recipe Editor enjoyed in Restaurant Porto Pi, Palma, Majorca.

Submitted by James Lindesay, England UK. IPA Bulletin Volume 18 No. 1, March 2001.