



Peanut Butter Banana Parfait

28-Aug-2021

Level: Easy Prep Time: 5 minutes

Serves: 1



1 slice mochi banana bread, cut into cubes

2 scoops banana gelato

Fresh ripe bananas, sliced (optional)

Warm peanut butter sauce, to desired liking (see recipe below)

Whipped cream (homemade - see recipe below, or use Cool Whip), to desired liking

Roasted peanuts, coarsely chopped, for garnish (optional)

Place a few mochi banana bread cubes in the bottom of a tall glass. Add one scoop of banana gelato and a couple banana slices, if desired. Add as much peanut butter sauce and whipped cream as desired. Repeat layers once more. Garnish with a couple mochi banana bread cubes and/or coarsely chopped roasted peanuts. Serve immediately.

Banana Gelato - PREPARE 1 to 2 DAYS AHEAD (originally posted on 01/25/2017)

2 cups whole milk

$\frac{1}{4}$ tsp. coarse kosher salt

1 cup heavy whipping cream

3 large & very ripe bananas, sliced

5 large egg yolks

1 tsp. pure vanilla extract

$\frac{2}{3}$ cup white granulated sugar

1 tsp. dark rum

In a medium saucepan, heat the whole milk and heavy whipping cream on medium heat until bubbles form along the edges of the pan. Do not boil. Remove from heat and cool for 5 minutes. Meanwhile, in a large heatproof mixing bowl, beat the egg yolks, sugar, and salt with a handheld mixer until thick and pale yellow in color (should be the consistency of mayonnaise). With the handheld mixer on low, slowly add the hot milk to the egg yolk mixture to temper the eggs. Mix until combined. Place the mixture back into the saucepan. On medium heat, stir the mixture constantly with a wooden spoon, until the mixture thickens like a custard sauce (when it reaches 180°F on a candy thermometer). Strain the custard through a fine mesh sieve into a medium heatproof bowl. Place the sliced bananas in a food processor/blender. Add $\frac{1}{4}$ of the strained custard into the food processor/blender. Puree until smooth, then pour back into the bowl with the rest of the custard. Add the vanilla extract and rum. Stir until all are combined. Cover with plastic wrap so that the plastic wrap sits directly on top of the custard (this prevents a skin from forming). Refrigerate overnight.

Turn your ice cream maker on and pour the banana gelato mixture into the freezer bowl (which has been placed in the freezer for at least 24 hours). Let mix until thickened, for about 20 to 25 minutes. Transfer the gelato to an airtight container and freeze for at least 4 hours.

Mochi Banana Bread (originally posted on 02/04/2020 with chocolate chips & 2 pans)

Dry Ingredients:

$\frac{1}{2}$ cup Original Bisquick™ Pancake & Baking Mix
 $\frac{1}{2}$ (16 oz.) box mochiko
 $\frac{1}{2}$ tsp. coarse kosher salt
2 tsp. baking soda
1 cup white granulated sugar

Wet Ingredients:

$1\frac{1}{2}$ cups ripe and mashed bananas
(about 3 to 4 large bananas)
 $\frac{3}{4}$ cup vegetable oil
 $1\frac{1}{2}$ tsp. pure vanilla extract
3 large eggs

Preheat oven to 350°F. Spray the bottom and all sides of a 9"x5" loaf pan with non-stick baking spray with flour. Set aside. In a large bowl, add the dry ingredients and mix until combined. Make a well in the center of the dry ingredients. Set aside. In a medium bowl, mix together all the wet ingredients until combined. Pour the wet ingredients in the well of the dry ingredients and with a silicone spatula mix until all are combined. Pour the batter into the prepared pan. Place loaf pan on a large baking sheet or pan. Let pan sit for 5 minutes before placing in oven. Bake for 50 to 60 minutes, or until a skewer inserted into the center of the bread comes out clean. Run a knife around the edges of the loaf pan and carefully tip over and remove bread from pan (it will be hot). Cool completely on a wire rack. Cut with a serrated knife.

Warm Peanut Butter Sauce

2 Tbsp. unsalted butter
1 cup heavy whipping cream
 $\frac{1}{2}$ cup blue agave syrup
 $\frac{1}{4}$ to $\frac{1}{2}$ cup white granulated sugar (use $\frac{1}{2}$ cup for a sweeter taste)
 $\frac{1}{2}$ tsp. coarse kosher salt
1 cup smooth natural peanut butter (if oil separation occurs, mix well before measuring)
1 tsp. pure vanilla extract

On medium heat, melt butter in a medium saucepan. Add cream, blue agave syrup, sugar, salt, and peanut butter. Whisk continuously until the mixture comes to a boil. Remove from heat and add in vanilla. Stir to combine. Serve warm or at room temperature. Store leftovers in refrigerator and reheat in saucepan on stove.

Whipped cream

$1\frac{1}{2}$ cups heavy whipping cream
2 Tbsp. white granulated sugar

In a medium mixing bowl, beat cream and sugar with a handheld mixer until stiff peaks form. Store in refrigerator until ready to layer parfaits.