

Banana bread French toast with rhubarb compote

By Miele

45 minutes

Preparation Time

1 hour 15 minutes

Cooking Time

8 serves

Serves



INGREDIENTS

Eight spice powder

20 g juniper berries
30 g star anise
15 g white peppercorns
15 g cinnamon quills
15 g cloves
1 pinch saffron threads
10 g cardamom pods
25 g salt

Banana bread

130 g unsalted butter, softened
200 g dark muscovado sugar
1 tsp vanilla extract
2 eggs
400 g ripe banana, mashed (approximately 4 bananas)
1 tbsp tahini
2 tbsp (40 ml) milk
50 g glacè ginger, chopped
240 g plain flour
1 tsp baking powder
1 tsp bi-carb soda
1 tsp eight spice powder
Pinch salt flakes
1 banana, extra, halved lengthways
Dark muscovado sugar, extra

Rhubarb compote

300 g trimmed rhubarb stalks, cut into 4 cm pieces
125 ml (½ cup) orange juice
1 orange, zested
125 ml (½ cup) maple syrup
1 cinnamon quill
2 star anise
1 tbsp cornflour

Banana bread French toast

80 g unsalted butter
100 g coconut sugar
1 tsp ground cinnamon
1 tsp nutmeg, grated

METHOD

Eight spice powder

1. Toast the spices in a large frying pan over medium heat, induction setting 5 for 1 minute, or until fragrant.
2. Grind the spices and salt to a fine powder in a spice grinder or mortar and pestle. Allow to cool.

Banana bread

1. Preheat the oven on Conventional at 180°C with the baking and roasting rack on shelf position 2.
2. Grease and line a 10 cm x 24 cm loaf tin with baking paper.
3. In the bowl of a freestanding mixer with paddle attachment, add butter, dark muscovado sugar and vanilla. Beat until pale and fluffy. Scrape the sides, then add the eggs one at a time.
4. Add the banana, tahini, milk and glacè ginger to the bowl, mix to combine.
5. Sift flour with baking powder and bi-carb soda. Add to the bowl along with the eight spice powder and a pinch of salt. Gently fold to combine, careful not to overmix.
6. Pour mixture into the lined loaf tin.
7. Place banana halves onto the top of the banana bread, sprinkle with some extra sugar.
8. Place into the oven on the baking and roasting rack and bake for 1 hour, or until a skewer placed into the centre comes out clean.
9. Remove from the oven and leave to cool in the tin for 15 minutes before turning out onto a cooling rack.

Rhubarb compote

1. Combine the rhubarb, juice, zest, maple syrup, cinnamon and star anise in an unperforated steam container. Place into the steam oven at 100°C for 10 minutes, or until the rhubarb stalks are just tender.
2. Remove from the steam oven and discard star anise and cinnamon quill.
3. Mix the cornflour with 1 tablespoon of cold water.
4. Add cornflour mixture to compote and mix gently until combined. Place back into the steam oven at 100°C for 1 minute to thicken.

Banana bread French toast

1. Cut 4 pieces of the cooled banana bread, approximately 2 cm thick.
2. Place half of the butter into the frying pan and heat on TempControl 2.
3. Combine sugar, cinnamon and nutmeg in a large flat container.
4. When the temperature is reached (tone sounds and symbol will stop glowing) add 2 slices of banana bread to the frying pan. Cook for approximately 1 minute each side until a golden crust is achieved.
5. Turn and repeat previous step with remaining butter and banana bread.
6. Place each side of the cooked banana bread into the sugar mixture, making sure to cover each side evenly.

To serve

1. Place a slice of banana bread on a warmed plate and serve with compote and a dollop of crème fraîche.

Hints and tips

- If your bananas are not ripe, roast on Conventional at 150°C on shelf position 2 for 20-30 minutes until bananas are dark and very soft.
- Freeze the banana bread for use later – if it lasts that long!
- Our eight spice powder is a great spice mix to have in the kitchen. We have used it in recipes for caramel sauces and duck confit!
- Use cinnamon, nutmeg or allspice if you are unable to make the eight spice powder.
- If your induction cooktop doesn't have TempControl, cook the banana bread on medium heat, induction setting 7, until a golden crust is achieved on both sides.