KIKKOMAN

# Crispy Bananas with Vanilla Ice-Cream and Chocolate or Caramel Sauce

Total time **30 mins** **5 mins** preparation time **25 mins** cooking time

Nutritional facts (per portion):
**2,807 kJ / 669 kcal**

Fat: **38.6 g**
Carbohydrates: **63.4 g**

## INGREDIENTS

**4 portion(s)**

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|---|---|
| **4** | bananas |
| **9 tbsp** | flour |
| **0.25 tsp** | ground cinnamon |
| **2** | eggs |
| **9 tbsp** | Kikkoman Panko - Japanese style crispy bread crumbs |
| | Vegetable oil for deep frying |
| | Mint leaves as a garnish |

**For the chocolate sauce**

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|---|---|
| **100 g** | dark or milk chocolate |
| **125 g** | cream |
| **1.5 tbsp** | Kikkoman Naturally Brewed Soy Sauce |

**Or for the caramel sauce**

| | |
|---|---|
| **100 g** | sugar |
| **40 g** | butter |
| **60 g** | cream |
| **1.5 tbsp** | Kikkoman Naturally Brewed Soy Sauce |

**Also**

| | |
|---|---|
| **4** | scoops of vanilla ice-cream |

## PREPARATION

**Step 1**

Peel the bananas. Slice them lengthways first and then in half. Combine the flour and cinnamon and put the mixture into a soup plate. Whisk the eggs and pour the mixture into a soup plate. Also place the Panko bread crumbs into a soup plate.

**Step 2**

Dip the bananas into the flour and cinnamon first, then into the whisked egg and finally into the Panko bread crumbs.

**Step 3**

Heat the oil and fry the coated banana pieces until golden brown. Remove from the oil and drain on kitchen roll. Wash the mint and pat dry.

**Step 4**

To make the chocolate sauce, break the chocolate into pieces and melt over a bain-marie. Add the cream and soy sauce and continue heating. Or: To make the caramel sauce melt the sugar in a pan and continue cooking until it is golden brown, stirring regularly. Add the butter and continue stirring until it has dissolved. Then add the cream and soy sauce, stirring well until the sauce has a smooth consistency.

**Step 5**

Serve the crispy bananas on plates with chocolate

or caramel sauce and a mint or fresh berries garnish.