

Banana gingerbread (Jérémy Del Val)

Ingrédients

- 150g bananas
- 120g egg yolks
- 100g brown sugar
- 85g muscovado sugar
- 135g flour
- 9g baking powder
- 50g liquid cream at room temperature
- 90g butter
- 2g gingerbread spice mix
- 500g Jivara milk chocolate
- 60g grape seed oil
- 50g cocoa butter

Préparation

1. Let's go on with the Christmas recipes !
2. This time with a perfect recipe for your pre- or post-Christmas breakfasts or snacks, a banana gingerbread, hybrid between a gingerbread and a banana bread.
3. I picked it up from the last Fou de pâtisserie, it's a recipe by Jérémy Del Val from Dalloyau.
4. It's super easy and quick to make, and of course anti waste !
5. Besides, the more ripe your bananas will be, the better your cake will be.
6. I increased slightly the quantity of gingerbread spices, you can dose them according to your taste, the quantity indicated gives a rather light taste.
7. Preheat the oven to 170°C.
8. Melt the butter and let it cool down.
9. Mix the bananas with the egg yolks, brown sugar, muscovado, spices and vanilla seeds.
10. Whisk the mixture to make it swell, then add the sifted flour and baking powder.
11. Finish by incorporating the melted butter and liquid cream.
12. Pour the dough into your buttered and floured pan.
13. Lower the oven to 160°C and cook the cake for 45 to 50 minutes.
14. At the exit of the oven, unmould and let cool completely.
15. I divided the quantities by 2.
16. Melt the chocolate with the cocoa butter.
17. Then add the oil.
18. Dip the cake in the chocolate icing (or pour the icing on top if you have made a smaller amount like me), place it on a dish and sprinkle it with powdered sugar before the chocolate has completely hardened.
19. Let crystallize, then enjoy !