

# Banana and Pear Custard

The contrasting texture of smooth custard and crisp sweet sugar topping is what makes this dessert so special.



Milk\*

Nutritional information per portion (280g):

Energy 1033kJ 246kcal 8%	Fat 4.7g 7%	Saturates 1.7g 9%	Sugars 41g 45%	Salt 0.18g 3%
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of an adult's reference intake.  
Typical values per 100g: energy 369kJ/88kcal.

## Equipment

If using ready-made custard

- Weighing scales
- Small sharp knife
- Chopping board
- Can opener (if using tinned custard)
- Measuring jug
- Medium-sized mixing bowl
- Mixing spoon
- Oven gloves
- Ovenproof dish or ramekin-type dish x 4

## Method

1. Cut the bananas and pears into ½cm thick slices (make sure you discard the core of the pear).
2. Mix the yoghurt and custard together in the mixing bowl.
3. Arrange the fruit over the base of an ovenproof dish. Cover the fruit with the custard mixture. Alternatively, prepare individual small desserts in ramekin-type dishes. Place in refrigerator.
4. About 1 hour before serving, sprinkle the top with Demerara sugar to evenly cover the surface.
5. Place under a hot grill for a few minutes to caramelise the sugar. Turn the dish while grilling to brown the surface evenly.
6. Chill until sugar topping becomes hard and crunchy.

### Skills used include:

Weighing, measuring, peeling, chopping, mixing/combining and grilling.

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## Ingredients

Serves 4

- 2 bananas
- 2 ripe pears
- 200ml fat-free Greek yoghurt
- 400ml custard, home-made OR reduced-fat ready-made
- 25g Demerara sugar

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



## Top Tip

- If you want to cool the custard quickly, sit the mixing bowl of custard in a larger bowl containing iced water.

## Something to try next time

- Try putting different fruits, such as dried apricots finely sliced, canned fruits, grapes or satsuma segments in the base of this dish.

## Prepare now, eat later

- This custard is easy and quick to prepare and is best eaten as soon as chilled. Any leftovers can be stored in the fridge, but eat within 1 day as the fruit will begin to turn brown and the caramel topping will soften.