



Pancakes with Caramelized Bananas and Honey Syrup

NIBBLEDISH CONTRIBUTOR

Ingredients

- 225g plain flour
- 1 tbsp baking powder
- Pinch of salt
- 1 tsp sugar
- 2 large eggs, at room temperature and beaten lightly
- 300ml milk
- 30g butter, melted and cooled, plus extra for frying

Caramelized Bananas

- 30g butter
- 2 large bananas, halved lengthwise
- 1 tbsp brown sugar

Cinnamon Honey Syrup

- 1/2 cup + 1 tbsp honey
- 1/2 cup water
- 1 cinnamon stick

Instructions

1. Combine flour, salt, baking powder and sugar in a bowl. Whisk milk in slowly, followed by butter and eggs, mixing well. Let batter stand at room temperature for 20 minutes. Meanwhile, start on the bananas and syrup
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2. ***To make cinnamon honey syrup*** Combine honey and water in a medium saucepan. Crumble cinnamon stick into the pan and bring mixture to a boil, stirring well. Let syrup simmer for a couple of minute before turning heat off and set aside to cool.- syrup will thicken significantly as it cools. Strain into a small pitcher and set aside.
 3. ***To make caramelized bananas*** Melt butter in a large frying pan over medium heat. Add brown sugar and stir so that it mixes with melted butter. Gently add the bananas in, cut side down and turn heat down to low. Let bananas sit in the pan for 3 minutes before flipping over and then cooking for another 3 minutes. Bananas should be a gorgeous shade of golden brown and smell like heaven. Turn heat off and set aside.
 4. Melt butter in a large frying pan over medium heat. Turning heat down to low, pour into enough batter to get a medium sized pancake. Flip pancake over when bubbles start to form on the pancake and the batter looks set. Fry for another minute before removing to serving plate. Repeat with the rest of the batter. Serve pancakes with caramelized bananas and generous lashings of syrup. Serves 2 very greedy persons