



SCHOOL OF CULINARY
AND HOME ARTS

Lismullin Hospitality Services Centre

Banana Meringue

Ingredients:

4	Medium bananas
85 g	Sultanas
85 g	Caster sugar
1 tsp	Ground cinnamon
3 tbsps.	Lemon juice
3 tbsps.	White wine or fruit juice
3	Egg whites (size 3)

Directions

1. Place the sultanas, $\frac{1}{3}$ caster sugar, and half cinnamon, lemon juice in a bowl and stir well.
2. Peel and slice the bananas and add to above.
3. Spoon into a shallow oven-proof dish and place under a medium heat for 5 mins.
4. Meanwhile whisk the egg whites until stiff peaks form, and add the remaining $\frac{2}{3}$ sugar with cinnamon
5. Spread mixture over the bananas and grill for approx. 5 mins until nicely golden brown. Its yummy served a little warm but still good cold.

School of Culinary & Home Arts

Lismullin Hospitality Services Centre, Navan, Co. Meath

T: +353 46 9025099 / +353 86 8944491 · E: info@lismullinculinary.com

www.lismullinculinary.com · www.facebook.com/lismullinculinary