

Banana Cream Pie

Food Network Magazine - June 2011

Servings: 8

Preparation Time: 45 minutes

Start to Finish Time: 3 hours 25 minutes

FOR THE CRUST

10 sugar cones

1/2 teaspoon salt

1 tablespoon sugar

4 tablespoons unsalted butter, melted

FOR THE FILLING AND THE MERINGUE

2 cups whole milk

2 tablespoons whole milk (additional)

4 large eggs, separated

3/4 cup sugar

1/3 cup sugar (additional)

1/2 teaspoon vanilla extract

1/4 cup cornstarch

2 tablespoons cold unsalted butter, cut into small pieces

3 ounces semisweet chocolate, finely chopped

2 bananas, sliced into 1/4-inch rounds

1/4 teaspoon cream of tartar

TO MAKE THE CRUST: Preheat the oven to 350 degrees.

Pulse the cones, salt and sugar in a food processor until coarsely ground. Add the melted butter and pulse until the mixture looks like coarse sand. Press on the bottom and up the sides of a 9-inch pie plate. Bake until golden, about 10 to 12 minutes. Let cool completely.

TO MAKE THE FILLING: Bring 2 cups of milk to a bare simmer in a saucepan over medium heat. Whisk the egg yolks, 3/4 cup of sugar, and the vanilla in a large bowl until smooth and pale. Whisk in the cornstarch. Slowly whisk the warm milk into the egg mixture, then pour into the saucepan and return to medium heat. Cook, whisking constantly, until the custard thickens and begins to bubble, about 2 minutes. Stir in the butter until melted. Strain the custard through a fine-mesh sieve into a large bowl. Set aside to cool, stirring frequently.

Put the remaining two tablespoons of milk and the chocolate in a microwave-safe bowl and microwave 1 minute. Stir until the chocolate melts, then let cool slightly.

Spread the chocolate over the bottom and up the sides of the crust. Press the bananas into the chocolate, then pour the custard over the bananas. Cover and chill until set, at least 1 hour.

TO MAKE THE MERINGUE: Preheat the oven to 375 degrees.

Beat the egg whites in a large bowl with a mixer on medium-high speed until foamy. Add the cream of tartar and half of the remaining 1/3 cup of sugar and beat until opaque. Add the remaining sugar and beat until stiff peaks form, about 5 more minutes.

Swirl the meringue on the pie with the back of a spoon. Bake until golden brown in spots, about 5 to 8 minutes. Let sit at room temperature until set, about 1 hour 30 minutes.

Per Serving (excluding unknown items): 323 Calories; 16g Fat (44.2% calories from fat); 6g Protein; 41g Carbohydrate; 1g Dietary Fiber; 138mg Cholesterol; 201mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 2 Other Carbohydrates.