

# Black Bottom Banana Cream Pie

Ben Rayl - "Comfortable Food"  
Parade.com

## FOR THE CRUST

2 cups graham cracker crumbs, finely ground

1/3 cup sugar

1/8 teaspoon salt

1/2 cup butter, melted

## FOR THE FILLING

2 large eggs

2 egg yolks

2 1/2 tablespoons cornstarch

2 1/2 cups milk

1/2 cup granulated sugar

2 tablespoons unsalted butter

2 teaspoons vanilla extract

5 ounces bittersweet chocolate, roughly chopped

2 - 3 ripe bananas, sliced 1/2-inch thick

## FOR THE WHIPPED CREAM TOPPING

1 1/2 cups whipping cream

2 tablespoons powdered sugar

1/2 teaspoon vanilla extract

chocolate shavings (for garnish)

## Preparation Time: 40 minutes

For the crust: Preheat the oven to 350 degrees.

Combine the graham cracker crumbs, sugar, salt and butter. Blend together well.

Press in the bottom and up the sides of a nine-inch pie pan and bake for about 12 to 14 minutes, until the edges are golden. Remove and allow to cool completely.

For the filling: In a bowl, whisk the eggs, egg yolks and cornstarch together until well blended. Set aside.

Whisk the milk and sugar together in a heavy-bottomed saucepan and bring to a simmer over moderate heat.

Gradually whisk the hot milk into the egg mixture. Return to the saucepan and cook, whisking constantly, until the mixture thickens and boils, about 5 minutes. Remove from the heat and whisk in the butter and vanilla extract.

Pour about 1/3 of the hot custard into a heatproof bowl and whisk in the chopped chocolate until melted and smooth.

Spread the chocolate custard evenly over the cooled crust, then layer on the sliced bananas.

Pour the remaining custard on top, and carefully spread evenly. Cover loosely with foil and refrigerate overnight (or at least 6 hours).

For the whipped cream: Beat the cream together with the powdered sugar and vanilla until stiff peaks form.

Mound the whipped cream on top of the pie and garnish with chocolate shavings.

Serve well chilled.

Start to Finish Time: 1 hour

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Per Serving (excluding unknown items): 5148 Calories; 383g Fat (64.0% calories from fat); 73g Protein; 411g Carbohydrate; 27g Dietary Fiber; 1732mg Cholesterol; 2823mg Sodium. Exchanges: 12 Grain(Starch); 3 Lean Meat; 3 1/2 Non-Fat Milk; 74 Fat; 12 Other Carbohydrates.

Desserts

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	5148	<b>Vitamin B6 (mg):</b>	.8mg
<b>% Calories from Fat:</b>	64.0%	<b>Vitamin B12 (mcg):</b>	5.3mcg
<b>% Calories from Carbohydrates:</b>	30.6%	<b>Thiamin B1 (mg):</b>	.9mg
<b>% Calories from Protein:</b>	5.4%	<b>Riboflavin B2 (mg):</b>	2.8mg
<b>Total Fat (g):</b>	383g	<b>Folacin (mcg):</b>	183mcg
<b>Saturated Fat (g):</b>	223g	<b>Niacin (mg):</b>	9mg
<b>Monounsaturated Fat (g):</b>	119g	<b>Caffeine (mg):</b>	289mg
<b>Polyunsaturated Fat (g):</b>	18g	<b>Alcohol (kcal):</b>	31
<b>Cholesterol (mg):</b>	1732mg	<b>% Refused:</b>	0.0%
<b>Carbohydrate (g):</b>	411g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	27g	<b>Grain (Starch):</b>	12
<b>Protein (g):</b>	73g	<b>Lean Meat:</b>	3
<b>Sodium (mg):</b>	2823mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	2807mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	1239mg	<b>Non-Fat Milk:</b>	3 1/2
<b>Iron (mg):</b>	19mg	<b>Fat:</b>	74
<b>Zinc (mg):</b>	12mg	<b>Other Carbohydrates:</b>	12
<b>Vitamin C (mg):</b>	8mg		
<b>Vitamin A (i.u.):</b>	11624IU		
<b>Vitamin A (r.e.):</b>	3155RE		

**Nutrition Facts**

Amount Per Serving

**Calories** 5148 Calories from Fat: 3296

**% Daily Values\***

<b>Total Fat</b> 383g	589%
Saturated Fat 223g	1116%
<b>Cholesterol</b> 1732mg	577%
<b>Sodium</b> 2823mg	118%
<b>Total Carbohydrates</b> 411g	137%
Dietary Fiber 27g	107%
<b>Protein</b> 73g	

<b>Vitamin A</b>	232%
<b>Vitamin C</b>	13%
<b>Calcium</b>	124%

**Iron**

105%

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*\* Percent Daily Values are based on a 2000 calorie diet.*