

## Tropical Treats

Wednesday, June 26, 2024

6:30pm CT

### **What to expect in your cooking class:**

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### **How to prepare for your class:**

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Panna Cotta with Papaya Coulis

### Ingredients:

2-1/2 **tsp** unflavored gelatin  
1/4 **cup** milk  
2 cups heavy whipping cream  
1/4 cup sugar  
1 tsp vanilla extract

### *Papaya Coulis:*

2 cups coarsely **chopped** papaya  
2 to 3 tablespoons lime juice  
1 tablespoon sugar  
Fresh raspberries and fresh mint leaves

### Directions:

In a **small bowl**, sprinkle gelatin over milk; let stand 5 minutes. Meanwhile, in a **small saucepan**, combine cream and sugar; cook and **stir** over medium heat until sugar is dissolved. Add gelatin mixture and vanilla, stirring until gelatin is completely dissolved.

Divide mixture among **four dessert dishes**. Refrigerate, covered, 2 hours or until set.

For coulis, place papaya, lime juice and sugar in a **food processor**; process until smooth, scraping down sides of bowl as needed. Transfer to a small bowl. Refrigerate, covered, until cold.

To serve, spoon papaya coulis over panna cotta. Top with raspberries and mint.

## Mini Tropical Banana Bread

### Ingredients:

½ cup unsalted butter, **softened**  
⅔ **cup** firmly packed light brown  
sugar  
3 **tbsp** guava jam (*can replace with  
apricot or apple jam*)  
2 large eggs  
2¼ cups all-purpose flour  
1 **tsp** baking soda  
1 tsp baking powder  
½ tsp kosher salt

1½ cups mashed banana (about 4  
medium bananas)  
⅓ cup coconut milk  
¼ tsp coconut extract  
½ cup finely **diced** fresh pineapple  
½ cup packed sweetened flaked  
coconut  
*Citrus Glaze*  
1 cup powdered sugar  
1 lemon, **zested** and **juiced**  
1 lime, zested and juiced

### Directions:

Preheat oven to 325°F. Butter and flour **4 mini loaf pans**.

In the bowl of a **stand mixer** fitted with the paddle attachment, beat butter and brown sugar at medium speed until fluffy, 3 to 4 minutes, stopping to **scrape** sides of bowl. Beat in jam until well combined. Add eggs, one at a time, beating well after each addition.

In a **medium bowl**, whisk together flour, baking soda, baking powder, and salt. In a **small bowl**, **whisk** together mashed banana, coconut milk, and coconut extract; whisk in pineapple and coconut. With mixer on low speed, add banana mixture to butter mixture, beating until combined. Gradually add flour mixture, beating just until combined. Divide batter among prepared pans, smoothing tops with an **offset spatula**.

Bake until a wooden pick inserted in center comes out clean, about 40 minutes. Let cool in pans for 10 minutes. Remove from pans, and let cool completely on wire racks. Spoon Citrus Glaze over cooled loaves.

Citrus Glaze: In a **medium bowl**, combine powdered sugar and zests. In a **small bowl**, combine lemon juice and lime juice. Add 2 to 3 tablespoons juice to powdered sugar mixture, **stirring** until desired consistency is reached.