



Halloween Wars Contestant RECIPE FORM

Please use this template to submit all four recipes. All recipes should be listed on the same document.

Title/Name of Tasting Challenge Recipe: Chocolate/Banana Cake-sicles
Courtesy/Artist Name: Chef Charity

Ingredients:

300 grams of good quality white chocolate, melted
150 grams of organic extra virgin coconut oil

Best Ever Banana Cake:

1 ½ cups ripe bananas, mashed
2 teaspoons lemon juice
3 cups all purpose flour
1 ½ teaspoons baking soda
¼ teaspoon salt
¾ cup unsalted butter, softened
2 ⅛ cups sugar
3 large eggs
2 teaspoons vanilla extract
1 ½ cups buttermilk

Method:

Preheat an oven to 275°. Prepare the silicone fudgesicle molds with a slight spray of coconut oil. In a small bowl, mix mashed bananas with the lemon juice; set aside. In a medium bowl, mix flour, baking soda and salt; set aside. In a large bowl, cream ¾ cup butter and 2 ⅛ cups sugar until light and fluffy. Beat in eggs, one at a time, then stir in the vanilla. Beat in the flour mixture alternately with the buttermilk. Stir in banana mixture. Pour batter into prepared molds, put the wooden sticks in place and bake in preheated oven for 30 minutes or until toothpick inserted in center comes out clean. Remove from oven and place on a cooling rack until completely cooled. Cover tightly until ready to use, and place in a refrigerator to chill.

For the chocolate coating: Mix the melted white chocolate and the coconut oil together until completely incorporated. Place in a warmed steel cup. Dip each cake-sicle into the chocolate mixture, allowing the excess to drain off, then dip a portion of each cake-sicle into Pastry Rocks (available from Chef

Rubber) and place on parchment paper to set. To speed up the process of hardening the chocolate coating.

Yield: 16 cake-sicles

Total Yield:

Active Prep Time: 15 minutes

Cook Time: 30 minutes

Total Prep Time: 1.5 hours

Cook Notes:

Head Notes:

Special Equipment: Silikomart, silicone Stecco flex fudgesicle classic molds (16 up). Small wooden sticks.