



1. Preheat the oven to 180°C/160°C fan/ gas mark 4. Put the 12 provided muffin cases (reshaped if they have become flattened in the box) into the muffin tin.



2. Melt 130g of butter and allow to cool for a few minutes. Peel the bananas, break into pieces and mash with a fork in a large bowl. Add the melted butter and 2 beaten eggs, then mix until combined. Gradually add the flour, sugar, baking powder, cinnamon, bicarbonate of soda and salt (bag 1), and 60ml of milk, gently folding after each addition.



3. Divide the mixture evenly between the muffin cases. Bake for 20-25 minutes or until golden brown. Test with the provided wooden skewer, if the skewer comes out clean, the muffins are done. Leave for 10 minutes in the tin, then transfer from the tin to a cooling rack to cool completely. While the muffins are cooling, make the caramel.



4. Get the ingredients ready (bag 2, 35g butter, 35ml milk). Put the sugar and salt (bag 2), into a saucepan and stir in 2 tbsps of water. Put the pan on a medium heat. Do not stir the mixture now, as this will cause it to crystallise. If the mixture starts to cook unevenly, lift the pan and gently swirl the contents. When the caramel is a golden amber colour, add 35g of butter and stir until melted.



5. Take the pan off the heat, add 35ml of milk, and stir. Be cautious as the caramel is very hot and will bubble up a little. Once the bubbling has settled, mix until smooth. Transfer to a clean bowl and set aside to cool a little. Don't leave the caramel to cool for too long as it may begin to solidify.



6. When the muffins have cooled, use a sharp knife to cut an upturned cone from the centre of each cake to the diameter of a 5 pence piece. Keep the cut out pieces and set aside. Put 1½ tablespoons of caramel into a separate large bowl, then spoon the remaining caramel into the centre of each muffin. Put the cut out pieces back into the muffins to fill the holes.



7. To make the buttercream, put 125g of butter into the bowl containing the saved caramel from step 6. Briefly beat the butter and caramel, then gradually add the icing sugar (bag 3), mixing until pale and smooth. Fill the provided piping bag with the icing, and snip around 2-3cm off the end. Pipe a generous swirl onto each muffin.



8. Put the sealed dark chocolate chips bag (bag 4) into a mug or bowl of hot (not boiling) water, and leave to melt. Snip a small corner off the bag, and drizzle the dark chocolate onto each muffin. Add a banana chip (bag 5) to each muffin to finish.

MY TOP TIP

Stirring the caramel sauce while it's cooling can cause it to crystallise, so try to leave it alone.

Michel Roux
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SKILL LEVEL	PREP TIME	BAKE TIME	SERVINGS
👑👑👑👑👑	50 MINS	20-25 MINS	12

IN THE KIT

Bag 1: 200g plain flour, 160g caster sugar, 2tsp baking powder, 1tsp ground cinnamon, ½ tsp bicarbonate of soda, 1 pinch salt

Bag 2: 120g granulated sugar, 1 pinch salt

Bag 3: 205g icing sugar

Bag 4: 25g dark chocolate chips

Bag 5: 28g banana chips

Butter measure

Wooden skewer

12 x muffin cases

Large piping bag

YOU WILL NEED

3 large/4 small overripe bananas
(300g peeled weight)

290g softened unsalted butter (130g +
35g + 125g)

2 large eggs, beaten

95ml milk (60ml + 35ml)

Muffin tin

Heatproof bowl

Pan

STORAGE

These muffins are best served at room temperature. Store in an air-tight container, in a cool, dry place.

INGREDIENTS

Icing sugar: (sugar (97%), maize starch), plain white flour: (**wheat** flour, statutory nutrients: calcium, niacin, iron, thiamin), caster sugar, granulated sugar, belgian dark chocolate chips; (sugar, cocoa mass, cocoa butter, emulsifier: **soy** lecithin, natural vanilla flavouring), sweetened banana chips ((bananas (55%), coconut oil, sugar, banana flavouring)), baking powder (raising agents (sodium acid pyrophosphate, sodium bicarbonate, calcium phosphate), **wheat** flour (calcium, niacin, iron, thiamin)), cassia cinnamon, bicarbonate of soda, salt (salt, anti-caking agent: sodium ferrocyanide).

Nutritional info	Per 100g (as sold)
Energy kJ / kcal	1648kJ/389kcal
Fat	2.4g
of which saturates	1.5g
Carbohydrates	88g
of which sugars	67g
Protein	3.0g
Salt	0.92g

Allergens: For allergens see ingredients in **bold**.

May contain: **milk & nuts**.

Best before: see sticker. Store in a cool, dry place.

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BANANA CARAMEL MUFFINS



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