

SFOGLIATELLA “NAPOLEON”



INGREDIENTS

Frozen lobster tail (aka sfogliatella)

Banana Pastry Cream

4 large egg yolks, whisked together
1 $\frac{2}{3}$ cups whole milk
 $\frac{1}{3}$ cup sugar, divided (add more/less based on your sweetness preference)
1 $\frac{1}{2}$ teaspoon vanilla extract
3 Tablespoon cornstarch
1 oz unsalted butter, softened
1 banana, mashed

Whipped Cream

2 Cups heavy cream
1T powdered sugar

Strawberry & Banana Mix

1 Banana chopped
3 Large strawberries, chopped
Pinch of salt
Pinch of sugar

Berry Sauce

1 cup berries
 $\frac{1}{2}$ cup water
2T sugar



Carmine DiGiovanni

Prepare the Banana Pastry Cream:

1. In a large saucepan, add milk and bring it to a boil
2. Reduce heat to medium-low to simmer; add in half the sugar
3. In a medium bowl, add the remaining sugar and cornstarch. Whisk in the egg yolks until combined (only start mixing these when the milk starts to boil)
4. Slowly pour the mixture in the bowl into the saucepan and reduce the heat to low
5. Use a spoon or whisk to keep stirring until the custard thickens (around 3-5 minutes)
6. Take a thermometer and make sure the mixture reaches 185°F so it can set properly once cooled. Once it reaches this temperature, turn off the heat
7. Add butter, vanilla extract, and mashed banana
8. Stir until well-combined and remove the custard from heat

Prepare the Berry Sauce:

1. Place all ingredients into a saucepan and heat to a simmer
2. Once the sauce comes to a simmer, place in a blender and puree until smooth

Prepare the Whipped Cream:

Combine all ingredients in a bowl and whisk until stiff peaks (can use standing mixer).

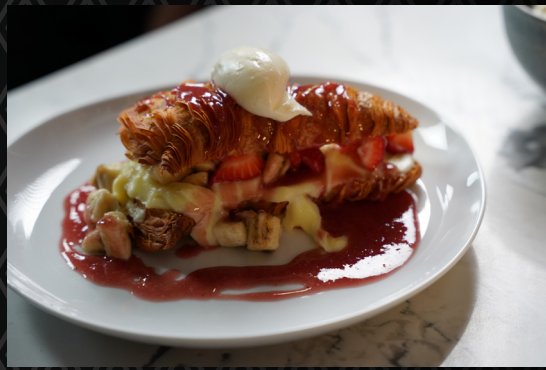
Prepare the Banana & Strawberry Mix:

Chop the banana and 3 large strawberries. Add a large pinch of salt and a large pinch of sugar. Mix together and set aside.

Plating

1. Split the sfogliatella in half
2. Place a small dollop of the banana pastry cream on the bottom of a plate and put the bottom half of the sfogliatella on top (this will prevent the sfogliatella from shifting during plating)
3. Cover the bottom portion of the sfogliatella with a large dollop of banana pastry cream
4. Add a mix of chopped strawberries and bananas on top
5. Place top half of the sfogliatella on top, creating a sandwich
6. Finish plating by placing a small dollop of fresh Whipped Cream on top of your sfogliatella and drizzling it with the Berry Sauce

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