

MASTER CHEF NYU



The Ultimate Cooking Showdown!



Two Nutritious Nuts: Elvis's Banana-Ricotta Pancake Sandwich

Ingredients:

Pancakes
¼ cup all purpose flour
½ cup whole wheat flour
2 Tbsn sugar
2 egg whites
2 Tsp olive oil
2 bananas (mashed)
2 Tbsn Vanilla
2 Tsp pumpkin spice (or 1 Tsp cinnamon and 1 Tsp nutmeg)
1 cup skim milk
½ cup part skim ricotta
½ Tsp salt
Peanut butter

Glazed Banana Topping

1 banana (sliced)
1 Tbsn maple syrup
2 Tbsn brown sugar
2 Tbsn water
1 Tsp pumpkin spice (or ½ Tsp cinnamon and ½ Tsp nutmeg)
1 Tsp Vanilla
Canola spray
Berries

Instructions:

Pancake

1. Combine egg whites, olive oil, banana, vanilla, skim milk, and ricotta in a bowl. In a separate bowl, combine the flour, sugar, baking powder, salt, and spices.
2. Add the flour mixture to the wet mixture, and stir just to combine
3. Preheat griddle or other pan to medium-high heat and spray with canola oil.
4. Once a drop of water on the pan sizzles, add ¼ cup of batter to the pan. Cook until bubbles form and the edges of the pancake are dry, then flip and lightly brown the other side.
5. On one pancake, lightly spread a thin layer of peanut butter, and top with another pancake

Banana Glaze

1. Heat a sauté pan on medium heat and spray generously with canola spray.
2. Once a drop of water sizzles, add banana slices, maple syrup, brown sugar, water, vanilla, and spice. Toss to coat.
3. Continuously stir and flip bananas until they are soft and caramelized.
4. Remove the slices and set on top of the pancakes, then drizzle the remaining syrup over each stack.
5. Arrange berries on skewers or on the plate.