

Coconut Crepes with Sauteed Carambola and Rum Bananas

Crepes

1 1/4 c flour

1/4 t. salt

2 eggs

2/3 c. coconut milk

1 c. water

1 T. oil

2 t. vanilla extract

Mix flour and salt together and then add liquid ingredients to make a smooth and thin batter. Let rest for 30 minutes. Make crepes in nonstick 8 – 10” pan lightly coated with canola oil. Add enough butter to just coat the bottom of the pan, over medium heat until the top of the crepe looks slightly dry. Stack on a plate divided by squares of parchment. May be made ahead.

Coconut Syrup

1 cans coconut milk

1/2 c. sugar

In large stainless steel pot, bring coconut milk and sugar to a boil, then lower to a simmer and cook down to a syrup consistency.(about 15-20 minutes).

Serve warm

Carambola filling

2 Carambola, cubed into small pieces

1 banana, small dice

2 T. butter

4 T. brown sugar

3 T. dark rum

In a large saute pan, heat butter till melted. Then add Carambola and bananas; saute for 1 minute to release juices. Then add brown sugar and, off the heat, add rum. Return to heat, bring to a simmer to cook off the alcohol.

To plate this dessert, place a crepe in a lightly buttered saute pan, add 2 tablespoons of filling then roll up. Warm in the oven for 3-4 minutes. Then place crepes onto a warm plate, sprinkle with powdered sugar and garnish with fresh shaved coconut if desired or a caramelized banana and a perfect star slice of Carambola. Serve the warm coconut syrup in a small pitcher on the side so each guest may have the fun of drizzling over their own,