Crispy Apple Banana Lumpia Sundae

Total time: 25 min   Yield: 4 Servings

Ingredients

4 Tbsp almond past (almond butter can also be substituted)
2 Tbsp light brown sugar
1 tsp vanilla extract
4 apple bananas (cut in half length wise)
1 egg
1 Tbsp water or milk
4 lumpia wrappers
vegetable oil
1 scoop coconut sherbet or vanilla ice crea
1 cup milk chocolate (melted, kept at room temperature)
1/2 cup caramel sauce
1/2 cup strawberries (chopped for garnish)
1/4 cup roasted unsalted macadamia nuts
1 mint sprig

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Instructions

In a small mixing bowl mix the almond paste, sugar and vanilla together. Set aside. Next, take 4 banana halves and spread the almond paste mix on evenly on the cut sides. Place the remaining 4 banana halves evenly on top the coated almond paste, squeeze lightly to form a sandwich. To prepare the egg wash, break an egg in separate small bowl, add one tablespoon of water or milk and lightly beat the egg mixture until the egg and liquid are fully incorporated. Place the lumpia wrapper on the table to form a diamond shape (not square). Set a banana sandwich in the middle of the wrap and fold the corners of wrap over the banana on the sides. Then roll the corner closest to you over. Roll tight and smooth as you do not want it to loosen. If banana is at an angle, it's ok to gently straighten it out by lightly nudging it to become straight. Roll it snug without any openings. Brush the egg wash onto the wrap to hold it together. Freeze for 2 hours before frying. Fry in hot vegetable oil at 325 degrees. Check the oil with a thermometer before frying to prevent burning or splatter. Make sure the roll is as dry as possible before placing in the fryer. Cook for 3 to 4 minutes or until golden brown. After frying, cut in half on bias and serve with 1 scoop of your favorite coconut sorbet or vanilla ice cream. Garnish with milk chocolate (melt ½ cup in the microwave for 2 to 3 minutes), caramel sauce, strawberries, chopped macadamia nuts and mint sprig.

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