



Best before banana peel milk caramel

 2 jars

 40 minutes

A low waste, no packaging treat for sneaky 9pm toast, on icecream or in coffee

Recipe by Tom Westcott

INGREDIENTS

- 1L milk
- 100g sugar
- 1 banana peel
- 2g bicarb

NOTES

When there is excess milk that cant be used before it goes bad, rather than it be drained we can make this version of dulce de leche - with a little twist that uses another food waste item that is not generally eaten but does have great potential.

DIRECTIONS

1. Combine all ingredients, and simmer gently. Keep stirring occasionally to stop the bottom from catching, reduce and allow the colour to deepen to a dark rusty brown.
2. When reduced by roughly half, strain and push through a sieve.
3. Blend while warm with a stick blender or upright bar blender.

Will keep in the fridge for a week or so, if it lasts that long, or in the freezer indefinitely.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

