

Helen Goh,
LONDON

CHOCOLATE BANANA & PECAN COOKIES

I've shared this recipe with the blessing of Helen Goh. It's from her book, *Sweet*, co-authored with Yotam Ottolenghi. Helen says the addition of banana was the brainwave of pastry genius Jim Webb - it's there for moisture and subtle flavour. I've never put banana in cookies before and it's great!

As Helen says, "The secret is to slightly under-bake the cookies, which keeps them soft and fudgy."



These are eat-them-up cookies, not put them in the biscuit tin cookies. You definitely have Helen's permission to eat them all on the day they're baked! (Thanks, Helen, I heartily approve of this strategy.) You can also prepare the cookies through to rolling them in the nuts, then keep them in the fridge or freezer.

Makes: 20-24

Time: 30 minutes, plus up to 3 hours fridge time,



INGREDIENTS

110 grams (3.9 oz) unsalted butter, at room temperature, cubed
110 grams (3.9 oz) caster sugar
1 large egg
125 grams (4.4 oz) plain flour
½ tsp baking powder
20 grams (0.7 oz) cocoa powder (Dutch-processed)
½ tsp ground cinnamon
¼ tsp salt
100 grams (3.5 oz) dark chocolate chips or chopped dark chocolate, in 0.5cm pieces
50 grams (1.8 oz) soft banana, mashed (about ½ banana)
170 grams (6 oz) pecans, finely chopped
100 grams (3.5 oz) icing sugar, for dusting



METHOD

Traditional Method

1. Place the butter and sugar in the bowl of an electric mixer with the paddle attachment in place. Beat on medium-high speed until light and fluffy, then gradually add the egg and continue to beat until incorporated. Sift the flour, baking powder, cocoa powder, cinnamon and salt into a bowl, then add to the butter and sugar. Mix on low speed for about 15 seconds, then add the chocolate and banana. Beat until combined, then transfer to the fridge for 2 hours to firm up. (I put mine in the freezer for an hour because I'm impatient - Dani).
2. When firm, use your hands to form the dough into 3 cm (1.2 in) round balls, about 20 grams (0.7 oz) each: you might need to wash your hands once or twice when making them, if they get too sticky. Place the pecans in a medium bowl and drop the balls into the nuts as you form them, rolling them around so that they are completely coated and pressing the nuts in so that they stick.
3. Line a baking tray with baking parchment, place the cookies on the tray - there is no need to space them apart at this stage - and transfer to the fridge for at least an hour. (Or less - just till they're firm! Dani).



...continued



4. When ready to bake, preheat the oven to 170°C (340°F). Line two baking trays with baking paper.

5. Place the icing sugar in a bowl and roll the cookies in the icing sugar, pressing it in as you go so that it sticks well. Place on the lined baking trays, spaced 2-3cm (1-1.2 in) apart, and flatten the cookies to 1 cm (0.5 in) thick.

6. Bake for 10 minutes. They will be soft to the touch when they come out of the oven, so allow them to cool on the tray for 10 minutes before gently transferring to a wire rack. These can be served warm, when they will be a little gooey in the centre, or set aside until completely cool.

Thermomix method

1. Place the butter and sugar in mixing bowl and mix **30 sec/speed 4**.

2. Add egg and mix **50 sec/speed 4**, then scrape down and mix another **50 sec/speed 4**.

3. Add flour, baking powder, cocoa powder, cinnamon and salt. Mix **20 sec/speed 4**.

4. Add chocolate and banana. Mix **20 sec/speed 3** or until well-combined, then transfer to the fridge for two hours to firm up. (I put mine in the freezer for an hour because I'm impatient - Dani)

5. When firm, use your hands to form the dough into 3 cm (1.2 in) round balls, about 20 grams (0.7 oz) each: you might need to wash your hands once or twice when making them, if they get too sticky. Place the chopped pecans in a bowl and drop the balls into the nuts as

continues...



...continued



you form them, rolling them around so that they are completely coated and pressing the nuts in so that they stick.

6. Line a baking tray with baking paper and place the cookies on the tray – there is no need to space them apart at this stage – and transfer to the fridge for at least an hour (or less if you're impatient like me - Dani).

7. When ready to bake, preheat the oven to 170°C (340°F). Line two baking trays with baking paper. Place the icing sugar in a bowl and roll the cookies in the icing sugar, pressing it in as you go so that it sticks well.

8. Place on the lined baking trays, spaced 2-3 cm (1-1.2 in) apart, and flatten the cookies to 1 cm (0.5 in) thick.

9. Bake for 10 minutes. They will be soft to the touch when they come out of the oven, so allow them to cool on the tray for 10 minutes before gently transferring to a wire rack. These can be served warm, when they will be a little gooey in the centre, or set aside until completely cool.

Tips

- Use hazelnuts or walnuts instead of pecans.
- Shorten fridge time as needed - you just need to be able to form the cookies into firm balls to press on the nuts and icing sugar.
- Don't be scared to underbake so they are nice and fudgy.
- Dust with more icing sugar to serve, if desired.

CHOCOLATE BANANA & PECAN COOKIES



Makes: 20-24



SHOPPING LIST:

- Unsalted butter, at room (110 grams / 3.9 oz)
- Caster sugar (110 grams / 3.9 oz)
- Egg (1 large)
- Plain flour (125 grams / 4.4 oz)
- Baking powder (½ tsp)
- Cocoa powder (Dutch-processed) (20 grams / 0.7 oz)
- Ground cinnamon (½ tsp)
- Salt (¼ tsp)
- Dark chocolate chips or dark chocolate (100 grams / 3.5 oz)
- Banana 50 grams / 1.8 oz)
- Pecans (170 grams / 6 oz)
- Icing sugar (100 grams / 3.5 oz)



NOTES & TIPS: