



Banana Foster

LIST of INGREDIENTS:

- 2 oz. (4 Tbs.) unsalted butter
- 1 cup lightly packed dark brown sugar
- ½ tsp. ground cinnamon
- ¼ cup banana liqueur
- 4 firm-ripe bananas, peeled, halved lengthwise, then halved crosswise
- ¼ cup amber rum
- 1 pint vanilla ice cream

the Method:

In a 12-inch skillet, melt the butter over medium heat. Stir in the brown sugar and cinnamon and cook until moist, about 1 minute. Add the banana liqueur and cook, stirring continuously, until the grainy texture disappears and the mixture rolls off the spoon in a steady stream, 1 to 2 minutes.

Put the banana quarters rounded side down in the pan. Cook until the bananas begin to soften, 2 to 3 minutes.

Turn the bananas onto their flat sides.

Remove the pan from the heat and pour in the rum. Set the pan over high heat and carefully ignite the rum with a long match or grill lighter.

Gently shake the pan until the flame subsides. Remove from the heat.

Place a generous scoop of ice cream in 6 to 8 individual heatproof dessert bowls. Arrange 2 to 3 pieces of sautéed banana around each scoop of ice cream. Spoon on the sauce and serve immediately.

