

Bananas Foster

A skillet of Bananas Foster is shown in the background, with a large, bright flame rising from the side of the pan. The dish consists of a bubbling brown sauce with sliced bananas and a dusting of brown sugar and nuts. The title 'Bananas Foster' is written in a white, elegant cursive font in the upper left corner.

Serves 4

INGREDIENTS

- 1/4 cup butter
- 1 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup cane syrup
- 1/4 cup banana liqueur
- 1/4 cup dark rum
- 4 bananas, cut in half lengthwise, then halved
- Vanilla ice cream

PROCEDURE

Combine the butter, sugar, cinnamon, and nutmeg in a skillet. Place the pan over low heat on top of the stove and cook, stirring, until the sugar dissolves.

Stir in the cane syrup, banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum. Continue to cook the sauce until the rum is hot.

Lift the bananas out of the pan and plate over the ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately.