

Bananas Foster

Recipe adapted from "Besh Big Easy: 101 Home Cooked New Orleans Recipes," by John Besh (Andrews McMeel Publishing)

Yield: 6 to 8 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

INGREDIENTS

8 tablespoons unsalted butter
½ cup lightly packed dark brown sugar
3 tablespoons orange juice
1 teaspoon ground cinnamon
Pinch ground nutmeg
6 bananas, peeled and halved lengthwise, then crosswise
½ cup dark rum
1 quart vanilla ice cream, to serve



DIRECTIONS

1. In a large skillet, heat the butter and brown sugar over high heat, stirring often, until they have melted into a caramel, 2 minutes. Reduce the heat to medium high and cook, stirring constantly, until the sugar is completely melted and the butter starts to smell nutty, 3 minutes.
2. Stir in the orange juice, cinnamon and nutmeg, then add the bananas. Continue to cook, gently stirring the bananas and spooning sauce over them to coat, 3 minutes more.
3. Remove the pan from the heat and, holding the skillet away from you, carefully add the rum. Using a kitchen torch or match, carefully light the rum mixture on fire, burning off the alcohol.
4. Serve immediately in individual bowls, spooning the sauce over the bananas, and top with a scoop of vanilla ice cream.