

BANANAS FOSTER

Supplies: 1 cup firmly packed brown sugar
½ cup butter or margarine, melted
½ tsp ground cinnamon
9 Bananas, split and quartered
½ cup light rum
1 gallon Vanilla ice cream

Combine first 3 ingredients in a large skillet; cook over medium heat, stirring constantly until bubbly and smooth.

Add bananas; cook 2-3 minutes or until thoroughly heated, basting constantly with syrup mixture- the bananas should be well coated by the caramelized sugar but not cooked until mushy- you can do this in 2-3 batches- then combine when all bananas are coated.

Have dished ice cream ready.

Quickly pour rum over banana mixture; immediately ignite with a long match.

Let flames die down; serve immediately by spooning over ice cream- *this can be spectacular but be careful.*

NOTE: When flambéing a food such as Bananas Foster, use a long handled match- hold the lighted match just above the liquid mixture- you want to light the fumes, not the liquid itself. Most importantly, don't lean over the pan and stand back to ignite the mixture.