

BANANAS FOSTER

SUPPLIES:

1 cup firmly packed brown sugar
½ cup butter or margarine, melted
½ teaspoon ground cinnamon
8 bananas, split and quartered
½ cup Vanilla ice cream

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

Have dished ice cream ready.

Quickly pour rum over banana mixture; immediately ignite with a long handled match- Let flames die down; serve immediately by spooning over ice cream and bananas.

THIS SHOULD BE SPECTACULAR!!

NOTE: When flambéing 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.