

Bananas Flambe

This recipe is from Essential Pepin. It is essentially the same as Bananas Foster. I like to serve it with vanilla custard that can be obtained from Culvers in Ann Arbor or in large quantities from Costco in Charleston.

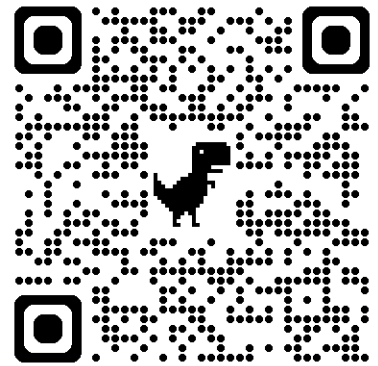


Ingredients:

- 6 ripe bananas
- 4 Tbsp. butter (divided)
- 3/4 cup dark brown sugar (divided)
- 1 lemon
- 1/3 cup dark rum
- 6 scoops of vanilla ice cream (vanilla custard)

Equipment:

- Oven proof platter
- Micro plane or grater
- Potholders
- Long match or lighter
- Long handled ladle



☑	Directions	Time (min)
	Preheat oven to 450 degrees	
	Allow 4 Tbsp. of butter to soften	5
	Use 2 Tbsp. butter to coat the bottom of the serving platter	2
	Sprinkle 1/4 cup dark sugar on buttered platter	1
	Peel and split bananas lengthwise. Arrange split side down on the platter	3
	Zest the lemon with a microplane or grater and place zest on the bananas	2
	Squeeze lemon juice and pour over bananas	2
	Dot bananas with 2 Tbsp. butter and sprinkle with 1/2 cup dark brown sugar	2
	Bake	10
	Using good pot holders, have an assistant carry the platter to the table	1
	Pour 1/3 cup dark rum over hot bananas	1
	Using a long match or long lighter, ignite the vapors of the rum	1
	Using a long-handled ladle, spoon the flaming liquid over the bananas repeatedly until the fire burns out	2
	Serve while hot with a scoop of vanilla ice cream	2
	Total	34