

# 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.

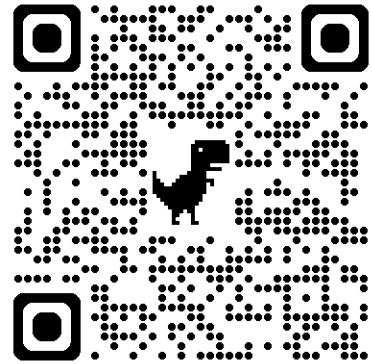


## Ingredients:

- 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         |