

Bananas Foster (Bananas Flambe)

Always use proper safety precautions before trying flambé recipes such as having a fire extinguisher nearby and using alcohols 80 proof (40% alcohol) or below as alcohols higher in proof can cause dangerous fires.

Ingredients	3 servings	6 servings
Granulated Sugar	1 ½ ounces	3 ounces
Unsalted Butter	1 ½ ounces	3 ounces
Bananas, peeled and sliced on a bias	1 ½ - 2 each	3 - 3 ½ each
Dark Rum	¾ ounce	1 ½ ounces
Banana Liqueur	¾ ounce	1 ½ ounces
Cinnamon Sugar Mixture (1 cup sugar : 1 teaspoon cinnamon)	As needed	As needed
Vanilla Ice Cream	As needed	As needed

1. Melt butter in a stainless steel sauté pan.
2. Add granulated sugar and caramelize. Stir in ground cinnamon if desired. Add bananas and cook for a few minutes to soften and warm through.
3. Remove from heat and add alcohol waiting for any splattering to stop. Carefully using a long reach lighter or match set the mixture on fire to flambé. Throw pinches of cinnamon sugar into the pan to create sparks (mostly for show).
4. Allow the fire to die down and serve immediately with vanilla ice cream.