

BANANAS FOSTER

Another amazing desert, and very simple to make too, although people always assume it's very difficult. If you're feeling flashy you can flambé it just before serving, but if you are leery of fire in the kitchen you don't need to do it. If you want to be sure the alcohol is gone, just make sure you *gently* boil it for 1 minute while stirring. (Alcohol boils at 173 degrees)

I find that bananas that are just under ripe work best because there is plenty of sweetness from the sauce, and they aren't as likely to get mushy as quickly. You can slice the banana in half, in round slices, or on the bias: whatever pleases you.

Generally this is served over vanilla ice cream. An incredible adaptation of this recipe is to serve it over French Toast for breakfast. What a way to start the day!!!

INGREDIENTS:

4 Tablespoons Butter

$\frac{3}{4}$ Cup packed Brown Sugar

$\frac{1}{2}$ teaspoon ground Cinnamon

1 Pinch ground Nutmeg

4 Bananas, peeled (duh) and sliced

$\frac{1}{4}$ cup Spiced Rum (Dark Rum or Banana Liqueur will do)

Vanilla Ice Cream or French Toast

DIRECTIONS:

Melt the butter in a large skillet or frying pan over medium heat. Add the brown sugar, cinnamon and nutmeg and cook, stirring until the sugar dissolves and the mixture starts to show a few bubbles, about 3 to 5 minutes. Add the bananas and cook while stirring until the bananas just start to soften, about 2 minutes. Remove from heat and *carefully* add the rum. Gently stir to help the rum boil off. If you wish to flambé it, have a lid for the pan in your hand in case the flame is large or dangerous, and light with a long barbecue lighter. Shake the pan back and forth, basting the bananas until the flame dies.

Test the bananas to be sure they are the texture you want. If they aren't soft enough, put them back on medium heat and check every 30 seconds or so. Serve immediately!

