

Bananas Flambe

Description

Bananas Flambe is always a crowd pleaser and provides the perfect dramatic spectacle at the end of the meal. It's a wonderful flavor and not to mention, a little decadent too!

Summary

Yield: 6

Prep Time: 10 minutes

Category: Desserts

Cuisine: French

Ingredients

- 6 bananas, peeled, sliced lengthwise
- 4 tbsp butter (1/2 stick)
- 3/4 cup brown sugar
- 6 oz white rum
- 3 oz banana liqueur
- 1 tbsp ground cinnamon
- vanilla ice cream (optional)

Instructions

Combine the rum and the banana liqueur in a saute pan. Heat gently, don't allow to come to a boil.

Melt the butter in a chafing dish and thoroughly blend in the brown sugar. Then add the bananas. Saute lightly.

Sprinkle the cinnamon over the bananas.

Lower the flame and pour the rum and banana liquor mixture over the bananas.

Ignite carefully, basting the bananas with the flaming liquid. Be careful, don't burn down the house.

Serve over vanilla ice cream after the flames have died down.

Notes

If you want to live on the daring side, consider performing the "flambe" step in front of your guests at the table. The term "flambe" means "flaming" or "to flame" in French. Half the fun is the dramatic effect.

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But please be careful!!!

Let's not send the house up in flames. (might be wise to keep a fire extinguisher close by)

Watch Anne Burrell prepare bananas flambe in the kitchen ...