

## **Bananas Foster**

**inspired by Brennan's restaurant in New Orleans**

**AATF Program – February 5, 2022 11:00 am**

**Presented by Chef Chris Thielman & Karen Thielman**

**Servings: 4**

**Special Equipment:** non-stick sauté pan, 4 serving bowls

### **Ingredients:**

4 scoops vanilla bean ice cream

3 ounces (100 grams) European-style salted butter (Isigny Sainte-Mère brand used)

1 cup light brown sugar (75 grams), lightly packed

1/2 teaspoon ground cinnamon

1/4 cup banana liqueur (60 grams)

4 ripe bananas, cut in half lengthwise, then halved

1/4 cup dark rum (60 grams)

### **Method:**

Place scoops of vanilla bean ice cream in 4 bowls and reserve in the freezer until ready to serve.

Melt the butter in a non-stick sauté pan, then add the brown sugar and cinnamon. Cook over low heat and stir until the sugar dissolves.

Stir in the banana liqueur, then place the bananas in the pan. As the bananas begin to lightly brown, turn them over to cook the other side.

When the banana sections soften and begin to brown, **carefully** add the rum. (SAFETY NOTE: the rum will ignite if exposed to the flame).

Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum (flambé).

When the flames subside, lift the bananas out of the pan and place four pieces next to each portion of ice cream, overlapping slightly.

Generously spoon warm sauce over the top of the ice cream and bananas and serve immediately.