

Bananas Foster

Yield: 6 servings

6 Bananas, medium
3 ounces Unsalted butter
3 ounces brown sugar
6 ounces fresh Orange juice
3 ounces Dark Rum
3 ounces Brandy or crème de banana
Cinnamon, to taste
6 servings of Vanilla Ice cream (scooped in glasses and held in the freezer)

1. Peel the banana and cut in half lengthwise. Cut each half into three chunks and set aside.
2. Melt the butter in a sauté pan. Add the brown sugar and stir until the sugar melts.
3. Add the bananas and stir to coat them completely with the sauce.
Cook until tender, approximately 1-2 minutes.
4. Stir in the orange juice. Add the rum and brandy, then flame the mixture.
Sprinkle the cinnamon onto the bananas.
5. When the flame dies, spoon the bananas and sauce over the ice cream and serve immediately.

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