

Bananas Foster

A close-up photograph of a skillet containing Bananas Foster. The dish consists of bananas, brown sugar, and butter, with a large flame rising from the pan, indicating it is being cooked over high heat. The title 'Bananas Foster' is written in a large, elegant, white cursive font over the top left of the image.

Serves 4

INGREDIENTS


- 1/4 cup butter
- 1 cup brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 cup cane syrup
- 1/4 cup banana liqueur
- 1/4 cup dark rum
- 4 bananas, cut in half lengthwise, then halved
- Vanilla ice cream

PROCEDURE

Combine the butter, sugar, cinnamon, and nutmeg in a skillet. Place the pan over low heat on top of the stove and cook, stirring, until the sugar dissolves.

Stir in the cane syrup, banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum. Continue to cook the sauce until the rum is hot.

Lift the bananas out of the pan and plate over the ice cream. Generously spoon warm sauce over the top of the ice cream and serve immediately.

A large, stylized flame graphic that rises from the bottom right corner of the page. It is rendered in bright yellow and orange colors, with a dark, smoky base. The flame has a dynamic, wavy shape, suggesting movement and heat. It is positioned to the right of the procedure text, partially overlapping the bottom right corner of the page.