



Bananas Foster Flambé



INGREDIENTS :

3 TBSP. UNSALTED BUTTER (40G) • 3 TBSP. LIGHT BROWN SUGAR (45G) • ½ TSP. KOSHER SALT (0.5G) • 2 LARGE BANANAS, CUT ON A BIAS INTO ½ INCH-THICK SLICES • 1 TSP. VANILLA EXTRACT (4G) • 2 OZ. RUM, 80-90 PROOF (60ML) • VANILLA ICE CREAM OR POUND CAKE, FOR SERVING

ASSEMBLY:

- Melt the butter in a large skillet over medium heat.
- Add the light brown sugar + salt + stir to combine.
- Add the bananas in an even layer + cook for about 7 minutes, until they are browned + caramelized, flipping halfway.
- Add the vanilla.
- Remove the pan from the stove, take a step back, + add the rum.
- If you are working with gas, return the pan to the stove + tilt it slightly down + away from yourself to ignite the alcohol fumes. If it does not ignite, or if you are using an induction or electric burner, simply light it with a long-stick lighter.
- Once the flame goes out, give it a stir, then spoon the flambéed bananas over vanilla ice cream (or whatever you want, really).

** Serve immediately **

PERSONAL NOTES:
