

GUASTELLO'S VILLAGE MARKET

Bananas Foster Pancakes

Serves 4

Ingredients

For the pancakes:

1 cup flour
1 teaspoon baking soda
1/2 teaspoon salt
2 eggs
1 1/4 cup buttermilk
2 tablespoons melted butter
1 ripe banana, mashed

For the syrup:

1/2 cup pure maple syrup
3 tablespoons butter
1/2 teaspoon cinnamon
3 tablespoons dark rum

To make the pancakes:

Heat a non-stick* griddle or skillet over medium heat.

In a mixing bowl, stir together the flour, baking soda and salt. Add the eggs, buttermilk, melted butter, and mashed banana. Whisk until the batter is combined. Using a 1/3 cup measuring cup for consistently sized cakes, scoop batter into the preheated pan. Flip the pancake when the bottom is golden and bubbles form on top, about 2 minutes per side or until cooked through. If your cakes brown before being cooked through, turn your heat down a notch. Repeat with remaining pancakes. Serve the pancakes with Bananas Foster syrup (instructions below).

*Note: I use a non-stick skillet for pancakes and I do not grease the pan with butter or oil, because I have found that I get prettier, more evenly-colored pancakes when I do not grease the pan. However, if you are using a griddle or skillet that is not non-stick, I recommend greasing the pan for easier flipping.

To make the syrup:

To a small saucepan over medium heat, add the syrup, butter, and cinnamon. When the butter is melted, and the syrup begins to bubble, add the rum. Simmer steadily for 60 seconds to allow the alcohol to cook off. Remove from heat and serve hot over banana pancakes.

Credit: alaskamadefromscratch.com