

GUASTELLO'S VILLAGE MARKET

Bananas Foster

Serves 2

Ingredients

1 tablespoon unsalted butter
2 teaspoons dark brown sugar
1 banana, peeled, halved lengthwise and crosswise
Cinnamon
1 teaspoon banana liqueur
1 ounce light rum (80- to 90-proof)
Vanilla ice cream, for serving

Instructions

Melt butter and sugar in a small frying pan. Add banana pieces and sauté over medium heat until lightly browned, turning pieces once. Sprinkle with cinnamon. Remove pan from heat.

Add liqueur and rum to pan. To flambé, carefully light sauce with long-reach lighter. Spoon flaming sauce over the banana pieces until flame is extinguished.

Serve warm banana pieces and sauce over vanilla ice cream.

Cook's Notes:

Adapted from Brennan's restaurant, this recipe is meant to be a showstopper. But it's deceptively easy. Be sure to have a lid at the ready to extinguish the flame in case things get out of hand. If you cannot find banana liqueur, just add a teaspoon more rum.

Credit: nytimes.com