

Scott's Bananas Foster

Inspired by a recipe from the world-famous Brennan's

Ingredients:

½ cup (1 regular stick) unsalted butter
1 cup packed brown sugar
6 tbsp. light or dark rum, divided
2 tbsp. banana liqueur (optional but recommended)
4 ripe bananas, peeled, sliced lengthwise and halved again into quarters
½ tsp. ground cinnamon
4 scoops vanilla ice cream

Directions:

In a flat sauté pan or medium skillet, add butter, brown sugar, 2 tablespoons rum and 2 tablespoons banana liqueur. Cook over medium-high heat while stirring to melt.

Add bananas; use a table fork to lightly prick bananas while cooking. Sauté about 1 minute, or until bananas start to soften.

Carefully tilt pan towards you to get the top half of pan hot, then remove the pan from heat. Pour remaining 1/4 cup rum over bananas.

To flambé bananas, carefully ignite rum by either tilting pan towards flame on the range or cautiously lighting with a long taper match.

Gently shake flaming pan with one hand and sprinkle cinnamon over the flame with another hand. This makes the cinnamon sparkle and glow.

Scoop ice cream into individual bowls. When flames die out, immediately spoon bananas and sauce over ice cream.