

Bananas Foster Sauce

Ingredients

1 T Unsalted Butter
1/4 t Ground Cinnamon
0 pn Nutmeg
2 T Brown Sugar
0 pn Salt
1 t Vanilla Extract
2 T Heavy Cream
1 Banana
3 T Dark Rum

Instructions

1. Peel banana and cut in half crosswise, then cut each half lengthwise to yield 4 long banana planks.
2. In a large skillet over medium heat, melt butter. Stir in cinnamon and nutmeg, then add in salt and sugar. Stir until sugars melt into a bubbly caramel.
3. Add in vanilla and cream, slowly stirring until smooth. Add bananas. Carefully twirl and shake the pan to smoothly coat banana in caramel.
4. Add rum and tilt pan slightly to ignite the alcohol. Let mixture cook until flames disappear, about 20 seconds, gently shaking the pan to ensure sauce cooks evenly and stays smooth. Serve bananas over ice cream.