

Bananas Foster Flambé

Serves 4-6

We realize that preparing a flaming dessert in our oven seems a bit redundant but this is not only a very tasty treat but also quite a crowd pleaser! The cayenne and ginger give it an extra kick.

Ingredients

4 Tbsp.	butter
1 cup	brown sugar
2 tsp.	ginger, ground
1 tsp.	salt
½ tsp.	cayenne
3 large	bananas, peeled, cut into 1-in. pieces
⅓ cup	dark rum, pour into a heat resistant container
1 pint	vanilla bean ice cream

Method

Oven Temperature: 580 -620 degrees

- To a large non-stick skillet add the butter, sugar and spices.
- **Flame Height: 4.4**
- Place **in front of flame** for 2 minutes or until it starts to bubble.
- Add the bananas, stir, and return to oven **in front of flame** for another minute or 2 until everything is bubbling rapidly.
- Carefully add the rum, place the pan again **in front of flame** and watch it catch fire!
- If the bananas get too dark before the flame goes out, remove the pan from the oven and put a lid on it.
- Serve the bananas in shallow bowls topped with ice cream.



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