



Bananas Foster

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

Bananas Foster, created by Paul Blangé in 1951 at Brennan's, is a rich, flambéed dessert that's easy to recreate at home—no flames required!

1/4 cup unsalted butter

1/4 cup dark brown sugar, firmly packed

1/2 teaspoon ground cinnamon

1/3 cup spiced dark rum

1/2 cup chopped pecans, toasted

1/4 cup cane syrup (SUBSTITUTE: a mix 1 teaspoon molasses to 1/4 cup of maple syrup)

1/4 teaspoon kosher salt

4 medium bananas, halved lengthwise (ripe)

vanilla ice cream, to serve

Tasked with creating a dish to use the ingredient of the day, bananas, chef Paul Blangé first invented bananas foster in 1951 at New Orleans's famed Brennan's restaurant. This tableside flambéed dessert won the hearts of Crescent City dwellers and visitors, but it's simple and fast enough for you to make at home any time your cravings strike.

While most restaurant versions involve dramatic flames, this at-home adaptation is easier to execute but just as decadent.

Per Serving (excluding unknown items): 444 Calories; 22g Fat (45.7% calories from fat); 3g Protein; 55g Carbohydrate; 5g Dietary Fiber; 30mg Cholesterol; 160mg Sodium; 40g Total Sugars; 0mcg Vitamin D; 36mg Calcium; 1mg Iron; 540mg Potassium; 72mg Phosphorus. Exchanges: .

In a 12 -inch cast-iron skillet, melt butter over low heat.

Add brown sugar and cinnamon; cook, stirring constantly, until sugar is dissolved, 3 to 4 minutes.

Increase heat to medium.

Add rum; cook, stirring frequently, for 3 minutes.

Stir in pecans, cane syrup, and salt; cook for 1 minute.

Add bananas; cook for 2 minutes, gently turning bananas to coat.

Serve immediately with ice cream.