

# Banana Foster

*This is a traditional recipe for banana foster...the hint of bourbon in the warm banana together with vanilla ice cream is just heaven!*



# BANANA FOSTER

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I know you might be asking...another recipe with banana? Now you

really believe me when I say that we always have banana “floating” on my kitchen counter...thanks to the great price of banana at Costco that it is so hard to beat.

During this warm days...nothing like ice cream, either homemade or store bought...adding banana foster to a simple and plain vanilla ice cream takes the already delicious vanilla ice cream to another level of dessert. The combination of the hot, creamy, caramelized bourbon banana on top of the ice cold vanilla ice cream is just a dream come through for the taste buds. The signals from your taste buds and brains are just synchronized in unison...THIS IS GOOD! By the way, do not worry about the bourbon when serving to kids, when flambéing the bourbon all the alcohol will be gone in no time.

In this recipe I used the 8 inch iron skillet to cook the bananas, which keep the heat pretty high and really gave me a nice caramelized bananas.

After all this talk I better get to this simple and easy recipe that will make you want more and more.

***Ingredients:***

- 1 tablespoon unsalted butter
  - 1 to 1 ½ tablespoon brown sugar
  - 2 large banana cut in half and then length wise
  - 1 to 2 tablespoon bourbon
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- Vanilla ice cream of your choice



### **Method:**

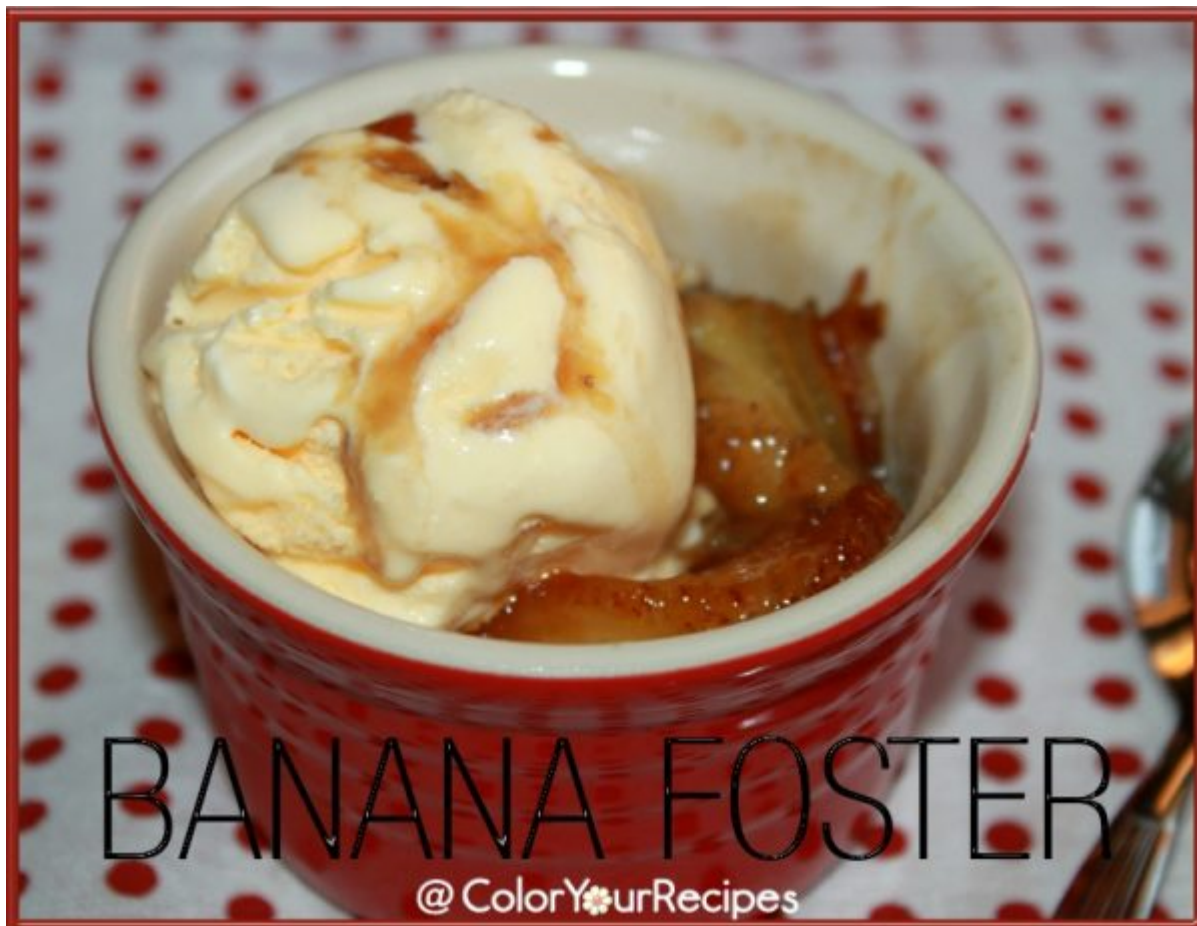
Melt the butter in an 8 in iron skillet in a low heat. Add the brown sugar until dissolved. Add the banana and let them caramelized both side, flip carefully as they can bread easily.

Once both side ad golden brown, add the bourbon and carefully use a stick flame to flambé. Cook for another minute until all the flame dies out.

Serve with vanilla ice cream or wherever your imagination takes you...crepes, waffles, cake...

If you do not have bourbon, you can replace with dark rum, and add a pinch of cinnamon, nutmeg and all spice. I did not add any of the spices because I did not want to cover the flavor and aroma of bourbon.





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If you enjoy this recipe, you might want to check on these homemade frozen dessert...Cherry Ice Cream or Berry Frozen Yogurt.

## Curiosity Corner

Did you know that the banana foster was originated in New Orleans? Because New Orleans was a major port of entry for bananas shipped from South America, Brennan's Restaurant owner challenged his chef to use banana in his dessert. This is how banana foster was born!

***Thank you for stopping by Color Your Recipes...have  
a colorful week!***