

# *Chef's Touch Catering*

Presents

## **Bananas Foster**

By Chef Paul

Prep Time: 10 min  
Cook Time: 15 min  
Serves: 4 servings

### Ingredients:

- 1 stick butter
- 1/2 cup brown sugar
- 4 bananas peeled, halved, and cut lengthwise
- 1/4 cup dark rum
- Ice cream, optional
- Pound cake, optional

### Directions:

In a large skillet, melt butter. Using a wooden spoon, add brown sugar and stir together. Add the bananas and cook until caramelized on both sides, over medium-high heat. Move pan off heat, add the rum and return to the stove to catch a flame from the gas stove or a long lighter. Stand back when ignited and flambé the bananas. Be careful a flame will shoot up above the pan. Let flame die down and the alcohol cook out. Serve bananas over vanilla ice cream and/or a slice of pound cake. Leftover syrup is also great over pancakes.

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