

Bananas Foster Sauce

Luann S.

8 tablespoons butter
1/3 cup lightly packed dark brown sugar
3 tablespoons juice from a squeezed orange
3/4 teaspoon ground cinnamon
Pinch ground nutmeg
6 bananas, peeled and sliced long or rounds
1-2 oz rum (I normally use regular Barcardi...and NOT the Silver kind. Original recipes recommends dark rum)

In a large skillet, heat the butter and brown sugar over high heat, stirring often, until they have melted into a caramel, 2 minutes. Reduce the heat to medium high and cook, stirring constantly, until the sugar is completely melted and the butter starts to smell nutty, 3 minutes.

Stir in the orange juice, cinnamon and nutmeg, then add the bananas. Continue to cook, gently stirring the bananas and spooning sauce over them to coat, 3 minutes more. Remove the pan from the heat and, holding the skillet away from you, carefully add the rum. Using a kitchen torch or match, carefully light the rum mixture on fire, burning off the alcohol.

Serve immediately over waffles, crepes, french toast, pancakes, or ice cream.