

Bananas Foster

<http://userealbutter.com/2015/03/18/bananas-foster-recipe/>
from [Food Wishes](#) and [Epicurious](#)

4 bananas
6 tbsps unsalted butter
1/2 cup packed dark brown sugar
1/2 tsp cinnamon
pinch salt
1/4 cup dark rum
1 oz. amaretto (original calls for banana liqueur)
1 tsp vanilla extract
vanilla ice cream

Peel the bananas and cut them into quarters (cut them in half, then cut the halves lengthwise). Place the butter, brown sugar, cinnamon, and salt in a large (10-inch) frying pan over medium high heat. If you make half of this recipe, use a smaller frying pan. Stir to help dissolve the brown sugar as the butter melts. When it begins to bubble, add the bananas to the pan in a single layer. Cook for 30 seconds to a minute then flip the bananas over. Cook another 30 seconds to a minute. Remove from heat. Combine the rum, amaretto, and vanilla extract in a small vessel and pour into the pan. Light the alcohol with a long match or long lighter and watch the alcohol burn (not all of it will burn off, so there is some alcohol in the dessert). Spoon the sauce and bananas over vanilla ice cream and consume immediately. Serves 4.