



## Bananas Foster

### Ingredients

- 6 tablespoons (85g) unsalted butter
- 1/2 cup light brown sugar (4 ounces; 113g)
- 1/2 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- Generous pinch kosher salt
- 3 medium ripe but firm bananas (about 1 pound; 450g), split in half crosswise and then lengthwise
- 1/4 cup (60ml) white or aged rum
- Ice cream of your choice, for serving

### Directions

1. In a large 12-inch stainless-steel skillet over medium-high heat, melt butter with the brown sugar, cinnamon, nutmeg, and salt while stirring and swirling, until mixture blends into a grainy liquid and begins to bubble, about 2 minutes. Add bananas, cut side down, and continue to cook, swirling gently, until liquid begins to resemble a more smooth caramel, about 2 minutes longer.
2. Add rum (do not pour directly from the bottle if working over an open flame), then tilt pan to ignite the alcohol from a gas burner, or carefully light with a match. Cook, shaking the pan, until the flames have died out and the caramel has thickened to a honey consistency, about 1 to 2 minutes. Alternatively, you can add the rum and not light it on fire, instead simmering until the rum has mostly cooked off and the caramel has reached a honey consistency.
3. Flip bananas cut side up, then transfer to serving plates with ice cream (2 pieces of banana each for 6 servings; 3 pieces of banana each for 4 servings; 4 pieces of banana each for 3 servings; or 6 pieces of banana each for 2 servings, if you're as gluttonous as I was on the day we photographed this).

### Make-Ahead and Storage

Bananas Foster is best made right before serving and eaten immediately.