

Rum and Bourbon Caramelized Bananas With Pound Cake and Vanilla Bean Ice Cream

Serves 4

May 2015, by Camine Pappas

INGREDIENTS:

2-3 large bananas, sliced into ½ inch slices. Better if not too ripe.

1/3 C light brown sugar

4 T butter

1 T rum

2 T bourbon

½ T kosher salt

½ t cinnamon

DIRECTIONS:

In a large saucepan, melt the butter, then add the brown sugar and cinnamon. Cook for about 4 minutes on medium low until fully dissolved (meaning all you see is a nice, smooth syrup.) Add the rum and bourbon, stir, and let reduce for about 2 minutes. Add the sliced bananas and cook until reduced, for about 4 minutes.

Serve over ice cream and pound cake.

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