
Banana Foster Flambe`

*Fairchild's Restaurant - Monroeville, PA
Pittsburgh Chefs Cook Book - 1989*

2 whole bananas, sliced
1/4 pound butter
3/4 cup chopped walnuts
1/2 cup brown sugar
Banana liqueur
Myer's dark rum
2 pints French Vanilla ice cream
2 tablespoons cinnamon

Preheat a saute' pan. Add the butter and sliced bananas, stirring continually. Add the walnuts and brown sugar. Stir and heat until the sugar dissolves.

Move the contents to the rear of the pan. Place the front edge of the pan to flame and heat for 20 to 30 seconds.

Pull the pan from the flame. Add two ounces of the Banana liqueur. Place the pan back on the flame. Prepare for flambe. Repeat with the rum.

While the rum is still aflame, sprinkle in the cinnamon for flavor and effect. Once the flame subsides, turn off the burner and let set for 15 seconds.

Serve over French Vanilla ice cream.

Dessert

Per Serving (excluding unknown items): 1908 Calories; 147g Fat (65.4% calories from fat); 27g Protein; 148g Carbohydrate; 18g Dietary Fiber; 249mg Cholesterol; 973mg Sodium. Exchanges: 1 1/2 Grain(Starch); 3 Lean Meat; 3 1/2 Fruit; 27 1/2 Fat; 4 1/2 Other Carbohydrates.