



# Bananas Foster

4 to 6 servings

## INGREDIENTS

- 1 cup (230 g) unsalted butter
- 2 cups (420 g) packed dark brown sugar
- 4 bananas, halved vertically
- 1 cup (240 ml) rum
- ¼ cup (60 ml) cream
- 1 cup (140 g) chopped pecans
- Pinch of salt
- Vanilla ice cream

## DIRECTIONS

- 1.** In a medium or large sauté pan, melt butter and sugar over low heat. Increase heat to medium, add bananas, cut side down, and sauté for 2 minutes, turning the bananas over once, until lightly browned. Remove pan from heat, add rum, then return to high heat to flambé, gently swirling the liquid and keeping your face away from the pan, for 2 to 3 minutes until the fire extinguishes.
- 2.** Turn off the heat, then tilt the pan and push the bananas to one side. Add cream and salt to sauce, whisking until fully combined, then add pecans, coating in sauce.
- 3.** Let sit at room temperature in the pan for up to 2 hours before serving, then reheat on low for about 2 minutes, whisking until it warms back up. To serve, scoop vanilla ice cream into a bowl, then place a banana half and sauce over each portion.

**HOT TIP:** Typically, there is no cream in this sauce, but this is my little catering trick. The cream stabilizes the caramel, making it able to sit ahead of time. The pecans, also not traditional, are the perfect crunch to round this dessert out.



WINE PAIRINGS BY  
**Michael Green**

**FONSECA BIN 27** bursts with bold blackberry, cherry, and plum flavors, layered with hints of spice. Velvety smooth with a rich, lingering finish, it's a classic, fruit-forward port.

Pairing with Bananas Foster? It's a bold move! The juicy dark fruit and silky texture contrast the buttery caramel and banana goodness, creating a decadent, unexpected match. Give it a try—you might just love it!

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