



Bananas Foster

In the **early 1950's**, Owen Brennan decided to name a dessert after his friend and fellow member of the Metropolitan Crime Commission, **Richard Foster**. At the time, *Owen's younger brother, John (Ralph Brennan's Father)*, was running "Brennan's Processed Potato Company," a produce company with a surplus of bananas. *Owen asked his sister, Ella, and Chef Paul Blangé*, to come up with a new dessert using these bananas. What they came up with is now the world famous **Bananas Foster**. The dish was *originally invented at Brennan's Vieux Carré Restaurant on Bourbon Street*, across from The Old Absinthe House. Bananas Fosters' popularity did not fully take off until Brennan's began "Breakfast At Brennans' with Fosters as a signature dessert.

Recipe

SINGLE BATCH (SERVES 2-4)

1 Ounce Butter
½ Cup Light Brown Sugar
¼ Tsp Cinnamon
1 ½ Ounces Banana Liqueur
1 ½ Ounces Aged Rum
½ Banana Per Customer

DOUBLE BATCH (SERVES 5-8)

2 Ounce Butter
1 Cup Light Brown Sugar
½ Tsp Cinnamon
2 Ounces Banana Liqueur
1 ½ Ounces Aged Rum
½ Banana Per Customer

METHOD

1. Combine butter, sugar, and cinnamon in a flambé pan.
2. As the butter melts under medium heat, add the banana liquor and stir to combine.
3. As the sauce starts to cook, peel and add the bananas to the pan.
4. Cook the bananas until they begin to soften (about 1-2 minutes)
5. Tilt back the pan to slightly heat the far edge. Once hot carefully add the rum, and tilt the pan toward the flame, to ignite the rum.
6. Stir the sauce to ensure that all of the alcohol cooks out.
7. Serve cooked bananas over ice cream and top with the sauce in the pan.