
Bardstown Distillery Bananas Foster

Bardstown Distillery

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Preparation Time: 10 minutes

Start to Finish Time: 15 minutes

This recipe was provided by a chef, restaurant or culinary professional and may have been scaled down from a bulk recipe. The Food Network Kitchens have not tried it for home use and therefore cannot make any representation as to the results. The Food Network Kitchens recommend that when igniting alcohol, use extreme caution. Remove the pan from the heat source before adding the alcohol. Pour the alcohol into the pan and ignite with a match or click lighter. Return the pan to the stovetop and gently swirl to reduce the flames.

1 1/4 ounces bourbon

1 banana

1/4 cup unsalted butter

2/3 cup brown sugar

2/3 teaspoon ground cinnamon

3 scoops premium vanilla ice cream

Melt the butter in a saute' pan over medium-high heat. Add the sugar and cook until caramelized. Then stir in the bananas to coat. Remove the pan from the heat and pour in the bourbon.

Turn the heat up to high, and then carefully return the pan over the heat, catching the flame from the burner to flambe' the banana.

Sprinkle with the cinnamon and remove from the heat.

Serve the banana and sauce mixture over ice cream.

Yield: 1 to 2 servings

Dessert

Per Serving (excluding unknown items): 967 Calories; 47g Fat (45.9% calories from fat); 2g Protein; 122g Carbohydrate; 4g Dietary Fiber; 124mg Cholesterol; 45mg Sodium. Exchanges: 0 Grain(Starch); 2 Fruit; 9 Fat; 6 Other Carbohydrates.