

Bananas Foster Creme Brulee

Ladies Home Journal - Delicious Desserts

Servings: 8

2 1/2 cups , whipping cream
1/2 cup milk
6 egg yolks
3/4 cup sugar
2 teaspoons vanilla
2 tablespoons dark rum (optional)
1 tablespoon lemon juice
3 firm ripe bananas, thinly sliced
1/3 cup sugar

Preparation Time: 30 minutes

Bake: 25 minutes

Preheat the oven to 350 degrees.

In a heavy medium saucepan, heat the whipping cream and milk over medium heat just until bubbly around the edges.

Meanwhile, for the custard, in a large bowl, whisk the egg yolks, the 3/4 cup of sugar and vanilla just until combined. Slowly whisk the hot cream mixture into the egg mixture. If desired, stir in the rum.

Place eight 3/4-cup ramekins or six-ounce custard cups in a baking pan. Set the pan on an oven rack. Divide the custard mixture evenly among the ramekins or cups. For a water bath, pour enough hot water into the baking pan around the ramekins to reach halfway up the ramekins.

Bake for 25 to 30 minutes or until the centers of the custards appear set when carefully shaken. Remove the custards from the water bath. Cool on a wire rack. Cover and chill for one to eight hours.

Before serving, remove the custards from the refrigerator. Let stand at room temperature for 20 minutes.

In a medium bowl, stir together the lemon juice and one tablespoon of water. Add the banana slices; toss to coat. Drain. Arrange the banana slices on the custards..

Meanwhile, to caramelize the sugar, place the 1/3 cup of sugar in a heavy eight-inch skillet. Heat the skillet over medium-high heat until the sugar begins to melt, shaking the skillet occasionally to heat the sugar evenly. DO NOT STIR. Once the sugar starts to melt, reduce the heat to low and cook for about 3 minutes more or until all the sugar is melted and very light golden brown, stirring as needed with a wooden spoon.

Using a wooden spoon or fork, quickly drizzle the caramelized sugar over the custards. If the sugar starts to harden in the skillet, return to the heat, stirring until melted. Let the custards stand for 2 to 3 minutes before serving.

Per Serving (excluding unknown items): 117 Calories; 1g Fat (3.8% calories from fat); 1g Protein; 28g Carbohydrate; trace Dietary Fiber; 2mg Cholesterol; 8mg Sodium. Exchanges: 0 Fruit; 0 Non-Fat Milk; 0 Fat; 2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	117	Vitamin B6 (mg):	trace
% Calories from Fat:	3.8%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	94.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	1g	Folacin (mcg):	1mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	3
Cholesterol (mg):	2mg	% Refuse:	0.0%
Carbohydrate (g):	28g		
Dietary Fiber (g):	trace		
Protein (g):	1g		
Sodium (mg):	8mg		
Potassium (mg):	26mg		
Calcium (mg):	19mg		
Iron (mg):	trace		
Zinc (mg):	trace		
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	20IU		
Vitamin A (r.e.):	6RE		

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	2

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 117 Calories from Fat: 5

% Daily Values*

Total Fat 1g 1%
Saturated Fat trace 2%

Sodium	8mg	1%
Total Carbohydrates	28g	0%
Dietary Fiber	trace	9%
Protein	1g	0%
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Vitamin A		0%
Vitamin C		2%
Calcium		2%
Iron		0%

** Percent Daily Values are based on a 2000 calorie diet.*