



## BANANAS FOSTER

### INGREDIENTS

- 2 Tbsp butter
- ¼ cup brown sugar
- Pinch salt
- 1 banana sliced
- 2 Tbsp dark rum

*For the vanilla bean ice cream:*

- 1 ½ cups whole milk
- 1 ½ cups heavy cream
- 1 vanilla bean, split lengthwise and seeds scraped
- ½ cup sugar
- 5 large egg yolks

\*makes 1 ½ QT

### INSTRUCTIONS

**To make the vanilla bean ice cream:** In a medium pot, combine the milk, cream, and vanilla bean seeds and pod over medium heat and bring to a simmer. Remove from the heat, cover, and let infuse for 30 minutes. Meanwhile, in a medium bowl, whisk together the sugar and egg yolks until well blended.

Fill a large bowl halfway full with water and ice. Remove the vanilla bean pod from the pot, return the infused milk mixture to the stove top, and bring it back to a simmer. Remove from the heat and slowly pour it into the egg yolk mixture while whisking constantly until thoroughly mixed. Pour the mixture back into the pot and cook over low heat, stirring constantly, until the temperature registers 108°F on an instant-read thermometer. Remove from the heat and pour through a fine-mesh sieve into a heatproof medium bowl. Nest the bowl in the ice bath until the ice cream mixture is cool, then cover and refrigerate overnight.

The following day, place an airtight container in the freezer to chill. Pour the ice cream mixture into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to the chilled container and freeze for about 2 hours, until firm, or store for up to 3 weeks.

**To make the sauce:** In a small saucepan, melt butter, sugar, and salt until fully mixed and bubbly. Add banana, stir to coat. Add rum, allow flame to catch alcohol and burn off. Please stand back as flames burn off.

**To serve:** Immediately pour over ice cream and enjoy!