

BANANAS FOSTER

Equipment:

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover

Wire Whip

Wooden Spoon or High Temp Rubber Spatula

Ingredients:

1/3 cup packed brown sugar 75 ml

1/4 cup butter or margarine 50 ml

1 tbsp water 15 ml

1 tsp lemon juice 5ml

1 tsp rum extract 5ml

1/4 tsp nutmeg 1ml

3 bananas, diagonally 3

sliced, 1/2" (2 cm) thick

1/2 cup heavy cream, whipped 125 ml

1/3 cup coconut, toasted 75 ml

Procedure:

1. In a 1 1/2-quart (1.5 L) glass bowl, combine brown sugar, butter, water, lemon juice, rum extract and nutmeg.
2. Cook at **P7** 3 1/2 - 4 minutes, stir twice.
3. Add bananas and stir gently.
4. Cook at **P6** 1 minute.
5. Spoon warm bananas and sauce into dessert dishes.
6. Top with whipped cream and sprinkle with toasted coconut.

Makes: 4 servings