

Banana Foster

Serves: 6-8 people | **Cook Time:** 20 minutes | **Difficulty:** Easy

Equipment Needed:

- 12-inch Dutch oven
- Sharp knife and cutting board
- Large spoon
- Small bowl

Ingredients:

Ingredient	Amount	Notes
Bananas	6 large	Ripe but firm
Butter	4 tbsp	Unsalted
Brown sugar	2/3 cup, packed	Light brown
Heavy cream	1/4 cup	Full fat
Dark rum	1/4 cup	Optional, can omit
Vanilla extract	1 tsp	Pure vanilla
Cinnamon	1/2 tsp	Ground
Salt	Pinch	Enhances sweetness
Pound cake	8 slices	Store-bought or homemade
Vanilla ice cream	Optional	For serving

Complete Cooking Steps:

Step 1: Setup and Prep

Set up 19 coals, with 6 on top and 13 on bottom, to achieve a temperature of 350°F.

Peel bananas and slice diagonally into 1/2-inch thick pieces. Cut the pound cake into thick slices and set aside.

Step 2: Make Caramel Base

Melt butter in a Dutch oven over medium heat.

Add brown sugar and stir constantly for 2-3 minutes, until the sugar dissolves and the mixture bubbles.

Step 3: Add Bananas

Add sliced bananas to the caramel sauce and gently stir to coat them evenly.

Cook for 2-3 minutes, until bananas are heated through and slightly softened, but still hold their shape.

Step 4: Add Rum (Optional)

If using rum, add it now and cook for 1-2 minutes to cook off the alcohol and concentrate the flavor.

The sauce should be thick enough to coat the bananas but still pourable.

Step 5: Serve Immediately

Remove from heat and serve immediately over sliced pound cake.

Top with vanilla ice cream if available. Banana foster is best served while still warm and bubbly.

Serving Suggestions:

- Classic New Orleans dessert
- Perfect for romantic camping evenings
- Serve over ice cream, cake, or pancakes
- Great flambé show if comfortable with fire