

You are in: Home / Recipes / Brennan's Bananas Foster Recipe

Brennan's Bananas Foster



By **momaphet**

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Recipe

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Photo by BecR

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Total Time: 15 mins

Prep Time: 10 mins

Cook Time: 5 mins

momaphet's Note:

“ Created in 1951, Bananas Foster are now found all over the US but the original comes from Brennan's in New Orleans, LA. Over 35,000 lbs of banana's are used every year at Brennan's. I haven't made this recipe yet, so the time is approximate. ”

Ingredients:

Servings: 4

Units: US | Metric

1/4 cup butter (1/2 stick)

1 cup brown sugar

1/2 teaspoon cinnamon

1/4 cup banana liqueur

4 bananas, cut in half lengthwise, then halved

1/4 cup dark rum

4 scoops vanilla ice cream

Directions:

- 1 Combine the butter, sugar and cinnamon in a flambé pan or skillet.
- 2 Place the pan over low heat either on an alcohol burner or on top of the stove, and cook, stirring, until the sugar dissolves.
- 3 Stir in the banana liqueur, then place the bananas in the pan. When the banana sections soften and begin to brown, carefully add the rum.
- 4 Continue to cook the sauce until the rum is hot, then tip the pan slightly to ignite the rum, or ignite with a long match.
- 5 When the flames subside, lift the bananas out of the pan and place four pieces over each portion of ice cream.
- 6 Generously spoon warm sauce over the top of the ice cream and serve immediately.

Recipe compliments of
Randy Wade, owner



shop location

La Entrada de Tubac

Just North of the Tubac Deli and Coffee Shop

Suite N102

ph: 520.398.9497

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Nutritional Facts for Brennan's Bananas Foster

Serving Size: 1 (267 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 585.2	
Calories from Fat 172	29%
Total Fat 19.1 g	29%
Saturated Fat 11.9 g	59%
Cholesterol 59.5 mg	19%
Sodium 170.8 mg	7%
Total Carbohydrate 96.7 g	32%
Dietary Fiber 3.7 g	14%
Sugars 81.8 g	327%
Protein 3.8 g	7%