

# 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