

Bananas Foster Crème Brûlée

- 1 tablespoon butter
- 2 small bananas, sliced 1/4 inch thick
- 2 tablespoons brown sugar
- 1 pinch sea salt
- 1 teaspoon fresh lemon juice
- 2 tablespoons rum
- 2 cups heavy cream, or 1/2 and 1/2
- 1 teaspoon vanilla extract, or 1/2 vanilla bean, split
- 1/8 teaspoon sea salt
- 5 each egg yolks
- 1/2 cup sugar
- 1/4 cup sugar for garnish

Method

1. Melt butter in a 10" saute pan over medium-high heat. Once the butter begins to sizzle, add the bananas and stir to fill the pan and coat the bananas. Sprinkle the brown sugar over the bananas and stir to combine. Cook over medium-high heat until the bananas begin to caramelize, about 3-5 minutes.

Increase the heat to high and sprinkle with a pinch of sea salt, then add the lemon juice and swirl the pan. Remove the pan from the burner once and add the rum. Flame the rum with a lighter. Allow the flames to subside and set aside to cool.

2. Heat oven to 325°F. Affix a rack in the middle of the oven.

In a saucepan, combine cream, vanilla bean and salt. Cook over medium low heat just until hot. Let sit for a few minutes, then discard vanilla bean. (If using vanilla extract, add it now.) While heating the cream, bring 1-quart of water to the boil, keep warm.

3. Once the cream is hot, beat yolks and sugar together in a bowl until light. Stir about a quarter of the cream into this mixture, then pour sugar-egg mixture into cream and stir using a rubber spatula.

Line four 6-ounce ramekins with the reserved caramelized bananas and place them in a baking dish. Distribute the egg mixture into the ramekins leaving about a 1/4-inch from the top. Open the oven door, pull the rack out and place the baking dish on the rack. Fill a 2-cup measuring cup with the reserved hot water and enough hot water to fill



Servings/Yield

Servings: 4
Yield: 22 ounces

Cuisine

European : Western : French

Difficulty



Categories

Desserts

the pan about halfway up the sides of the ramekins. Carefully push the rack back into the oven being careful not to splash the water. Bake for 30 to 40 minutes, or until centers are barely set.

Remove the ramekins from the baking dish and cool in the refrigerator for several hours and up to a couple of days.

4. When ready to serve, top each custard with about a teaspoon or two of sugar in form a thin layer. Place ramekins in a broiler 2 to 3 inches from heat source. Turn on broiler. Cook until sugar melts and browns or even blackens a bit, about 5 minutes. Serve within two hours. Alternatively, you can use a small torch to caramelize melt the sugar.