

Flambe Bananas



Ingredients

- 2 tbsp butter
- 2 tbsp brown sugar
- 4 large bananas, skin on, cut in half lengthways
- 1 lime
- 1 tsp cinnamon
- 1/2 cup white or brown rum
- Vanilla ice cream, for serving

Directions

Step 1 – Heat the BBQ to medium heat (180 - 200°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, keep at least half of the charcoal grate clear of briquettes or charcoal as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only. If you are using a Weber Q, have a trivet and convection tray in place.

Step 2 – Preheat a large BBQ safe frying pan or skillet for 10 minutes over indirect heat. Place the butter and brown sugar into the skillet and heat until the butter is melted and the sugar starting to dissolve. Stir the mixture and place the bananas, cut side down, into the pan and close the BBQ lid. Cook the bananas over indirect heat for around 5 - 10 minutes, or until they start to caramelize.

Step 3 – Remove the skillet from the BBQ and turn the bananas over. Baste with the bananas with the caramel mixture, then squeeze over the juice from the lime and sprinkle with the cinnamon. Cook for another 5 minutes.

Step 4 – Remove the skillet from the BBQ. Add the rum to a small saucepan and set it alight. Pour immediately over the bananas, and then serve with vanilla ice cream, sprinkled with a little extra cinnamon.

