



Country Kitchen

Bananas Cahill

February 14, 1998

Happy Valentine's Day!

Ingredients:

1/2 c. packed brown sugar

1/3 c. butter or margarine

1/2 t. cinnamon

1/2 t. nutmeg

4 fresh bananas

1/4 c. rum

4 servings vanilla ice cream or yogurt

Long fireplace matches

Directions:

In a medium skillet, melt the butter and stir together brown sugar and spices. Peel bananas. Cut the bananas in half and then each piece sliced lengthwise. Add to brown sugar/butter mixture and stir to coat the bananas. Heat thoroughly. Just before serving, add rum to skillet. Turn off heat. Strike match and place near skillet to ignite rum.

Using a long handled spoon, baste sauce over bananas until flame is extinguished (about 15 seconds). Serve one banana over each serving of ice cream. Makes four servings.



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