

Grilled Bananas with Caramel Sauce

Ingredients

Caramel sauce
Butter, unsalted
Water
Sugar 3/4 cup
Evaporated skimmed milk
Arrowroot
Rum or other liquor
Bananas, sliced on bias
Sugar

Amounts

3 oz.
3 oz.
3 1/2 oz.
7 oz.
4 oz.
2 tsp.
1 oz.
5 Medium
3 tbsp.

Method

1. Over moderate heat, cook the butter, water, and sugar to a good caramel color. Remove the mixture from the heat.
2. Combine the milk, arrowroot and rum. Add carefully, away from the heat, to the hot caramel mixture, stirring constantly until dissolved.
3. Return the sauce to the heat and bring it up to a boil, stirring constantly.
4. Remove from heat and cool.
5. Sprinkle bananas evenly with the sugar and grill the bananas over hot coals until marked and heated through.
6. Serve with 1 oz. caramel sauce.

10 Servings

dessert

