

# Flambéed Bananas

*Swick*

Serves 1 | Active Time: 10 minutes | Total Time: 30 minutes

## Preparing to cook

Preheat the oven to 400°F. Generously butter a shallow gratin dish.

### Step 1: Preparing to cook

- 3 tablespoons unsalted butter

### Step 2: Preparing and baking the bananas

- 3 bananas, split in half lengthwise
  - ¼ cup light brown sugar
  - 1 ½ teaspoons fresh lemon zest
  - 2 tablespoons freshly squeezed lemon juice
- Place the bananas in a single layer in the dish and sprinkle with the sugar, lemon zest and lemon juice. Bake until the bananas are soft and the sugar has melted, about 20 minutes.

### Step 3: Flambéing the bananas (optional)

- 3 tablespoons dark rum (optional)
- Remove from the oven, drizzle the rum over them and, using a long-handled lighter or match, carefully light the alcohol to flambé the dish. This can be done at the table.

### Step 4: Serving

- Whipped cream or ice cream
- Spoon the bananas into dishes and serve alone or with whipped cream or ice cream.