

THE

# CrossFit

# KITCHEN



## BANANAS FOSTER

by Nick Massie

### overview

This flame-kissed dessert is a New Orleans specialty, and it's a rare holiday treat for athletes who want to be the top banana at the gym.

### ingredients

- 4 large bananas, cut in half lengthwise, then cut in half lengthwise again
  - ¼ cup banana liqueur
  - ¼ cup dark rum
  - ¼ cup butter
  - 1 cup brown sugar
  - ½ tsp. ground cinnamon
  - 4 fresh mint tips, in ice water
  - Whipped cream, as desired
  - Vanilla-bean ice cream, as desired
4. Place a 10-in. sauté pan over medium-high heat.
  5. Add butter, and when it is half melted, add brown sugar and stir constantly until sugar is dissolved.
  6. Add bananas and flip/stir a couple of times to coat, then add cinnamon. You don't want to overcook the bananas as they will turn to mush, so be sure to have all ingredients ready at this point.
  7. Add banana liqueur and dark rum. Warning: Do not pour them straight from the bottle. Pour them into separate cups and use the cups to pour the alcohol into the pan.
  8. If you are cooking over a gas stove, stir and tilt pan to flambé. If you have an electric or induction burner, use a lighter to ignite the alcohol fumes. Hit the lights, then stir the pan to encourage the flame and prove your prowess as a culinary ninja.
  9. Bring to a simmer and kill the flame. Pull the ice-cream dishes from the freezer and top the ice cream with bananas and tasty sauce. Finish with whipped cream and a mint tip.

### directions

1. Work out to earn your ice cream.
2. Scoop ice cream into serving dishes and return them to the freezer.
3. Prepare a cream whipper with heavy cream, charge it, and place it in a refrigerator. You can also whip heavy cream by hand with a whisk or with a stand mixer. Whatever method you use, make sure the bowl and whisk are cold, and don't forget to "whip it real good."