

CHEF KIM'S BANANAS FLAMBÉ

CHEF KIM (O/C)

WITH BANANAS ON SALE THIS WEEK, HERE'S A RECIPE THAT'S NOT ONLY DELICIOUS, IT'S EXCITING. IT'S CALLED BANANAS FLAMBÉ AND HERE'S HOW YOU MAKE IT BOTH DELICIOUS AND EXCITING.

CU SAUCE PAN – ADD INGREDIENTS

FIRST YOU MELT BUTTER IN A GOOD SIZE SAUCE PAN AND THEN ADD A COUPLE OF CUPS (?) OF BROWN SUGAR. KEEP STIRRING UNTIL THE SUGAR BEGINS TO CARAMELIZE. ONCE YOU HAVE GOOD CARAMELIZATION, ADD YOUR SLICED BANANAS. STIR THEM UNTIL YOU HAVE COMPLETELY COATED THE BANANA SLICES. NOW SPRINKLE SOME BANANA LIQUEUR OVER THEM JUST TO GIVE THEM A LITTLE UNIQUE BANANA FLAVOR.

CHEF KIM (OC)

NOW IT'S TIME FOR THE EXCITEMENT. NORMALLY RUM IS 80 PROOF, BUT THIS RUM IS 151 PROOF. SO IT CREATES A VERY DRAMATIC SCENE WHEN IT'S LIT, OR FLAMBÉED.

CU PAN

SO WE'LL ADD JUST A LITTLE EXTRA TO MAKE IT EVEN MORE EXCITING. NOW STAND BACK A LITTLE WHEN YOU LIGHT THE PAN. THE ONLY THING YOU WANT FLAMBÉED HERE ARE THE BANANAS.

CHEF KIM (OC) (TURNS TO ISLAND)

WITH THE FLAMES STILL BURNING CAREFULLY POUR THEM OVER YOUR ALREADY PREPARED VANILLA ICE CREAM.

CU ICE CREAM

VANILLA ICE CREAM SEEMS TO WORK BEST BECAUSE IT ALLOWS THE FLAVORS OF THE BANANAS TO STAND OUT.

CHEF KIM (OC) HOLDS UP BOWL

YOU KNOW WHAT'S GREAT ABOUT THIS RECIPE? IT'S NOT ONLY EASY AND FUN, IT'S ENTERTAINING. AND BEST OF ALL, ALL OF THE INGREDIENTS THAT YOU'LL NEED FOR CHEF KIM'S BANANAS FLAMBÉ ARE RIGHT HERE IN THE STORE AND IF YOU WOULD LIKE A COPY OF THIS RECIPE, LOG ON TO OUR WEB SITE.