

Barbecued Bananas with Butterscotch Sauce

Recipe source: Stephanie Alexander Garden Cooking

Serves: 6 at home 12 classroom tastes

Fresh from the garden: Bananas

Difficulty: Easy

| Ingredients: | Equipment: |
|--|---|
| <p>3/4 cup sugar 2 1/2 tablespoons butter 3/4 cup brown sugar Few drops vanilla extract 1/3 cup cream 6 bananas</p> | <p>Pan Measuring spoons and cups Small saucepans Metal spoons Wooden spoons Small jug Chopping board Small knife</p> |

What to do:

- ☉ Heat the pan to very hot
- ☉ Measure out 1/4 cup hot water
- ☉ Place the sugar in the small saucepan over a medium heat and stir with the metal spoon. Allow the sugar to melt, then to turn a golden caramel colour, which will take about 5 minutes.
- ☉ **CAREFULLY POUR THE HOT WATER OVER THE SUGAR, STANDING BACK FROM THE STOVE AS THE CARAMEL WILL SIZZLE AND BOIL UP**, stir with the wooden spoon until you have a smooth syrup
- ☉ Add the butter and brown sugar and stir until the brown sugar has completely dissolved. Add the vanilla extract and cream and stir to combine. Pour the sauce into the jug and set aside until needed.
- ☉ Set out the chopping board and knife. Cut a slit down the side of each banana skin (try not to dig into the flesh) Place the bananas on the hot pan and cook for 6 minutes, Use the tongs to turn the bananas over and cook the other side for 6 minutes. During cooking, the bananas' skins will become completely black and their flesh will soften and become very hot.
- ☉ To serve, lift the bananas onto the serving plates, then gently peel back their skins and pour over a little butterscotch sauce.

