

Bananas Foster Custard

From SOAR—the Searchable Online Archive of Recipes, University of California, Berkeley (<http://soar.Berkeley.EDU/recipes/>). This is a variation of the spectacular Bananas Foster served at famous restaurants in New Orleans. Yield: 6 servings

Ingredients:

1½ cups sliced bananas	2 teaspoons rum extract
2 tablespoons lemon juice	2 tablespoons butter
6 eggs	½ cup light brown sugar, firmly packed
1½ cups skim (fat-free) milk	¼ teaspoon ground cinnamon
½ cup granulated sugar	

Procedure:

Toss banana slices with lemon juice, drain off excess and set aside six banana slices for garnish. Divide remaining slices evenly among six lightly buttered 6-ounce custard cups and set cups in shallow baking pan. Beat eggs, milk, granulated sugar and rum extract until well blended and pour evenly into custard cups. Place pan in preheated 350 F oven and pour very hot water into the pan to within a half-inch of cup tops. Bake about 40 to 50 minutes or until knife inserted near the center comes out clean. Remove cups immediately from hot water and cool on wire rack 5 to 10 minutes. To serve, gently loosen custards with thin spatula and invert onto serving plates. Garnish with reserved banana slices. Meanwhile, melt butter in small saucepan over low heat and then blend in brown sugar, water and cinnamon. Bring to a boil and boil for three minutes. Spoon about 1 tablespoon of the hot syrup over each custard. Serve immediately.

about 270
calories and
8.5 grams of
fat per serving

A serving of Bananas Foster Custard also contains about 10 percent of the daily recommendations for calcium and vitamins A and C.

NDSU Agriculture Communication



Bananas Foster Custard