

Brûlée Banana

with honey and vanilla ice cream

4 medium bananas
4 tbsp sugar
1 pint vanilla ice cream
1/2 cup honey

1. Peel and slice the bananas in half lengthwise. Sprinkle the cut side of the bananas with sugar, being sure to coat evenly.
2. Place bananas under a broiler or use a propane torch to caramelize the sugar. When sugar is brown, remove heat and allow bananas to rest for a few minutes.
3. Arrange two halves of the bananas on a plate and place a scoop of ice cream next to the bananas. Drizzle the honey around the plate.

This is a simple but decadent dessert that has a huge finish for any meal. Make sure you buy bananas that are just about, but not quite, ripe, as they will have the best texture after brûlée.

You may add toasted hazelnuts or almonds to this dish for a nice nutty crunch.