

Flamed bananas



Food recipes
Maison La Mauny

www.maisonlamauny.com

2 servings

2 ripe bananas

1 packet of vanilla sugar (or 1 tsp. vanilla and 1 tsp. sugar)

1 small glass rum

2 rounded tsp. butter

a lighter or match



5 minutes



5 minutes
on high
heat



No selection of delicacies from Martinique is complete without the most famous dessert: flamed bananas!

Heat the pan, melt the butter and add the bananas cut lengthwise, brown them on each side.

Sprinkle the vanilla sugar, pour in the rum and flame: when flame subsides, serve!



**The perfect match for a
Maison La Mauny Pina Colada**

Learn more about it on our website

See you soon on www.maisonlamauny.com

Please consume alcohol responsibly