

Bananas Foster French Toast

French toast batter French toast

1 cup half and half
3 large eggs
1 teaspoon cinnamon
1/2 teaspoon vanilla
1/2 teaspoon salt

Combine ingredients in a large bowl and beat with a whisk. Keep chilled until ready to use.

1 French baguette or any bread of your choice
Whipped butter
Chopped pecans
Sliced bananas
Powdered sugar

To cook the French toast, heat a griddle or frying pan over medium high heat.

Dip slices of bread in the mixture. Melt butter on the griddle. Place your slices on the griddle and watch for the batter to brown on the edges. When golden brown on the bottom, flip the slices and brown the other side.

Arrange your slices on the plate, scoop some whipped butter on the slices. Garnish with sliced bananas, chopped pecans, a dusting of powdered sugar and the Foster syrup.

Scott Dixon, owner of Scott's on the Square

Foster syrup

1 cup (two sticks) butter
4 cups brown sugar
2 teaspoons cinnamon
1 cup banana liqueur
1 cup dark rum

Melt butter in a sauce pan over a medium heat, add brown sugar and cinnamon, stir constantly.

When sugar has melted, carefully add banana liqueur and bring to a boil.

Remove from heat and carefully add dark rum. Be extra cautious because the rum is highly flammable. Return the mixture to the heat and bring back to a boil.

If you are cooking over gas, allow the flame to ignite the mixture to burn off the alcohol, if not you will need a long kitchen/fireplace lighter to ignite the mixture.

Once the alcohol has burned off you can remove the syrup from the heat and allow it to cool slightly. You may then transfer the syrup to your serving bowl or serve the sauce from a pan.

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