

# Bananas Foster Ice Cream – Comfort du Jour

Bananas Foster is a decadently sweet dessert, native to New Orleans. The traditional recipe involves flaming rum-soaked syrup including brown sugar, cinnamon and butter—all spooned over caramelized bananas and served with a scoop of creamy vanilla ice cream. What could possibly go wrong, I thought, in skipping the flambé and just adapting that whole mix into an ice cream?

## INGREDIENTS

1 1/2 cups whole milk  
2/3 cup light brown sugar (packed)  
3 egg yolks (room temperature)  
1 1/2 cups heavy cream  
Pinch of kosher salt  
1 tsp. real vanilla extract  
1 Tbsp. vodka or dark rum, optional (added at the end of freezing)

## BANANAS FOSTER SWIRL

2 Tbsp. salted butter  
1/4 cup light or dark brown sugar (packed)  
1/2 tsp. ground cinnamon  
A few shavings whole nutmeg  
1 ripe but firm banana  
1 oz. dark rum or spiced rum

## INSTRUCTIONS

Using an electric mixer, lightly whip the egg yolks until they are lighter and somewhat airy.

Place a medium, heavy-bottomed pot over medium heat. Combine milk and brown sugar, stirring frequently, until sugar is dissolved and milk is steaming. When the mixture begins to barely bubble at the edges, transfer about half of it into a measuring cup. Stir the heavy cream into the remaining milk and return to the steaming temperature.

Slowly add the measured hot milk mixture to the egg yolks (with the mixer running constantly). Pour the tempered egg mixture back into the saucepot and cook the whole mixture over medium heat, stirring constantly, until it is steaming again and the custard has thickened enough to coat the back of a spoon. Remove from heat and strain the custard mixture through a mesh sieve to a clean bowl. Stir in the vanilla and let it cool for a few minutes.

Carefully lay a piece of plastic wrap directly onto the surface of the custard, to prevent a skin forming and to prevent condensation from dripping into the custard. Seal up the bowl, or cover it with an additional layer of plastic. Refrigerate overnight.

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### BANANAS FOSTER SWIRL

Melt the butter in a medium skillet. Stir in the brown sugar until it seems dissolved and a bit syrupy. Add the bananas to the skillet, one at a time, and mash them into the syrup with a fork. It's OK to keep a few visible chunks of banana—in fact, I recommend it. Stir in the cinnamon and nutmeg.

When the mixture is bubbling all over, stir in the dark rum until evenly blended. Cook a few minutes longer, until it begins to bubble again, and then remove from heat and let it cool.

Transfer the mixture to a bowl and refrigerate it overnight.

### FINISHING THE ICE CREAM

Stir the custard to reincorporate any ingredients that may have settled to the bottom of the bowl. Freeze according to manufacturer's instructions. When the ice cream has reached the consistency of soft-serve, add the vodka or rum (if using) and churn another minute until it's fully blended. The alcohol is optional, but recommend for improved texture and easy scooping straight from the freezer.

Layer 1/3 of the ice cream into an insulated container (don't smooth it), then spoon or pipe about 1/2 of the banana swirl mixture over it, following the natural dips in the ice cream. There is no need to "swirl" this mixture, as it will naturally come out as a ribbon when you scoop and serve the ice cream later. Continue with another 1/3 of the ice cream, then the remaining swirl mixture. Finish with the remaining ice cream. Freeze several hours to overnight.