Slow-Cooker Bananas Foster

0 comments

DESSERTS OR BAKED GOODS

FRUIT DESSERTS

FRUIT

SLOW COOKER

A cookbook recipe exclusively for All-Access members from The Complete Slow Cooker

SERVES 6

TIME 1 to 2 hours on high

SLOW COOKER SIZE 4 to 7 quarts

WHY THIS RECIPE WORKS

Simply whisking together sugar, rum, and cinnamon in the slow cooker and then nestling in the bananas kept prep time to a minimum. After cooking the fruit for an hour or so on high, we found we had partially caramelized bananas and the makings of a flavorful sauce. Whisking some butter into the cooking liquid gave us a rich emulsion, and a little lemon juice balanced the sweetness with some acidity. Look for yellow bananas with just a few spots; overripe bananas will fall apart during cooking. *Read Less*





TRY THIS RECOMMENDED COOKING COURSE Slow-Cooker Cassoulet

GATHER YOUR INGREDIENTS

½ cup packed (3½ ounces) dark brown sugar
— 72 cup puencu (5 /2 curices) unim sugui
¼ cup gold rum
½ teaspoon ground cinnamon
1/4 teaspoon salt
3 ripe bananas, peeled, halved crosswise, then halved lengthwise
2 tablespoons unsalted butter, cut into 2 pieces
1 teaspoon lemon juice
2 pints vanilla ice cream
½ cup pecans or walnuts, toasted and chopped (optional)

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View Nutritional Information

KEY EQUIPMENT



Mixing Bowls



🚺 Slow Cookers



Best Chef's Knives



BEFORE YOU BEGIN

We prefer the flavor of gold rum, but you can substitute white or dark rum if desired. You will need an oval slow cooker for this recipe.



INSTRUCTIONS

Lightly coat slow cooker with vegetable oil spray. Whisk sugar, rum, cinnamon, and salt in prepared slow cooker until sugar has dissolved. Nestle bananas cut side down into slow cooker. Cover and cook until skewer inserted into bananas meets little resistance, 1 to 2 hours on high. (Bananas can be held on warm or low setting for up to 1 hour.)



Using tongs and sturdy spatula, transfer bananas to individual bowls. Whisk butter and lemon juice into sauce until incorporated. Portion ice cream on top of bananas, spoon sauce over top, and sprinkle with pecans, if using. Serve.

RECOMMENDED READING

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