

# Bananas Foster Buttermilk Pancakes

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Cooking With Carolyn

## Ingredients

Yield: 4 Servings

- 2 Cups All-Purpose Flour
- ¼ Cup Granulated Sugar
- 2¼ Teaspoons Baking Powder
- ½ Teaspoon Baking Soda
- ½ Teaspoon Salt
- 2 Eggs
- 2 Cups Buttermilk
- ¼ Cup Melted Unsalted Butter
- 1 Teaspoon Pure Vanilla Extract
- 4 Whole Bananas, cut into 1 inch slices
- 4 Tablespoons Unsalted Butter
- 1 Cup Light Brown Sugar, packed
- ¾ Teaspoon Ground Cinnamon
- ½ Cup Dark Rum

## Directions

In a large bowl sift together the flour, sugar, baking powder, baking soda, and salt. In another bowl combine and whisk the eggs, buttermilk, melted butter and vanilla. Combine the dry and the wet ingredients into a lumpy batter, being careful not to over mix. Next, heat some butter on a griddle, or in a large skillet, over medium heat. Spoon 1/3 cup of batter onto the griddle for each pancake. Cook on each side for 2 to 3 minutes.

Melt the butter in a large skillet (a 10 inch skillet will do) over medium heat. Add the brown sugar and cinnamon and cook, stirring, until the sugar dissolves, about 2 minutes. Add the bananas and stir until the bananas start to soften and brown, about 1 minute. Carefully remove the pan from the heat and add the rum. Return the pan back to the heat and shake the pan back and forth to warm the rum and flame the pan. Shake the pan back and forth, basting the bananas for another minute or so, until the flame dies down completely.

Pour the desired amount of bananas foster over 3 to 4 pancakes. Enjoy immediately.