

Vanilla Ice Cream with Hot Banana & Chocolate Sauce

Chocolate sauce

3 oz. chocolate pieces
¼ cup cream
¼ cup butter

Banana Sauce

¼ cup butter
2 Tbs brown sugar firmly packed
¼ tsp grated lemon zest

¼ tsp cinnamon
¼ tsp nutmeg
3 bananas, peeled and sliced
2 Tbs Liqueur Gaetano, Amaretto or other liqueur or grappa
2 cups vanilla ice cream
¼ cup toasted almonds

- 1 Make Chocolate Sauce: Bring water in bottom of double boiler to a rapid boil. Lower heat and place chocolate, cream and butter in top of double boiler. Stir until smooth and set aside.
- 2 Melt butter in skillet over medium heat. Add the sugar, lemon zest, cinnamon and nutmeg and stir. Add the banana slices to coat with sugar mixture for a minute. Immediately add the liqueur. Cook for a minute until sauce is thickened. Immediately serve over ice cream. Top with a little chocolate sauce and sprinkle with almond slices.

Servings: 4

Preparation Time: 10 minutes

Cooking Time: 3 minutes

Total Time: 13 minutes

Nutrition Facts

Nutrition (per serving): 613 calories, 351 calories from fat, 40.8g total fat, 93mg cholesterol, 62.1mg sodium, 529.4mg potassium, 59.9g carbohydrates, 5.1g fiber, 30.9g sugar, 6.4g protein.

Source

Author: Inspired by Penelope Casas

Source: One Pot Spanish

