

**INGREDIENTS:**

4 large, unripe bananas  
50g unsalted butter  
1 tablespoon Muscovado  
sugar  
3 tablespoons dark rum  
250ml double cream  
3 tablespoons Kingston  
Black apple aperitif

**TIME:** 30 mins + cooling**SERVING:** 4 people

Prepare the cream: pour the cream into a large bowl and start to whisk, gradually adding the Kingston Black as it starts to thicken. Once all the Kingston Black has been absorbed cover and refrigerate until needed. Halve the bananas lengthways and heat the butter to sizzling point in a large frying pan. Add the bananas cut side down and fry for a minute, then turn over, add the sugar and, once this has dissolved, throw in the rum and flame it. Place two banana halves on each plate, pour a little of the buttery sugar sauce over and serve with a generous dollop of the cream.

*Enjoy! Malcolm & Julie Pyne*

**YOUR NOTES:**