

Bananas Foster Croissant French Toast with Maple Rum Pecan Sauce

From Phillis Carey, but it's a Paula Deen recipe, slightly adapted



Rich, flavorful, sweet, decadent.

- 4 large eggs
- 1 cup heavy cream
- 1 teaspoon ground cinnamon
- 8 tablespoons butter, divided
- 8 large croissants, halved
- 1/2 cup dark corn syrup
- 1/2 cup firmly packed brown sugar
- 1 cup maple syrup
- 1 cup chopped pecans
- 6 bananas, ripe, halved crosswise and lengthwise
- 1 teaspoon rum extract

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

Do not leave your exhaust fan (over your range) on when you flame the rum. Also keep a lid nearby in case the rum gets out of hand. If you don't want to use real rum, eliminate it and substitute a teaspoon of rum extract in the banana mixture.

1. In a shallow dish, whisk together eggs, cream, and cinnamon. In a large skillet, melt 2 tablespoons butter over medium-high heat. Dip 4 croissant halves in egg mixture to coat both sides. Using a fork, remove croissants from egg mixture, letting excess mixture drip off. Place croissant halves in hot skillet. Cook 2 to 3 minutes per side or until lightly browned. Repeat procedure with remaining butter and croissant halves. Set aside and keep warm.
2. In a small saucepan heat the rum until it's hot, but do not boil.
3. In a large skillet, combine corn syrup, brown sugar, maple syrup and pecans. Bring to a boil over medium-high heat. Reduce heat, and simmer for 2 minutes. Add banana halves. Coat with the syrup mixture, and simmer 1 minute. Ignite the rum and pour over the banana mixture. Gently shake the pan to keep the oxygen going until the flames go out. Spoon sauce over French toast and serve immediately. Recipe assumes each person will eat two halves.

Per Serving (excluding unknown items): 867 Calories; 48g Fat (47.8% calories from fat); 11g Protein; 106g Carbohydrate; 5g Dietary Fiber; 216mg Cholesterol; 629mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Fruit; 0 Non-Fat Milk; 9 Fat; 3 1/2 Other Carbohydrates.