



## **BANANAS IN COCONUT CREAM**

1 whole coconut

$\frac{1}{3}$  c. brown sugar

1 T. rum

1 tsp. vanilla

$\frac{1}{4}$  tsp. salt

8 bananas, peeled and quartered

$\frac{1}{2}$  pt. whipping cream

3 T. sugar

### **Coconut Cream:**

Preheat oven to 400 degrees. Punch 2 holes in coconut with ice pick and drain off the milk and reserve. Bake coconut for 15 minutes. Tap coconut shell until it falls off. Pare and cut off the dark skin; cutting meat into  $\frac{1}{2}$  inch cubes. Put 1 cup of coconut milk (add water if necessary to equal 1 cup) and 1 cup coconut cubes in blender for 45 seconds. Drain through sieve.

Combine the coconut cream with the brown sugar and cook over medium-high heat until lightly brown (about 5 minutes). Do not caramelize too much. Remove from heat and add rum, vanilla and salt. Place bananas in dish, pouring coconut cream mixture over the top. Chill. Whip cream with 3 T. sugar, and serve over the chilled bananas and cream.