

## **Banana Nut Pancakes with Rum Caramel Sauce**

Recipe by: David Rose

1.5 cups all-purpose flour  
3 T granulated sugar  
1 T brown sugar  
1 T cinnamon  
1/4 t allspice  
1 C chopped walnuts  
6 oz pralines (crushed \*for garnish)  
2 t baking powder  
1/4 t baking soda  
1/2 t salt  
1 cup milk  
fat)  
3 large eggs  
1 t vanilla extract  
1 T spiced rum  
1 T unsalted butter, melted  
2 T unsalted butter or Non stick cooking spray

Recipe:

- 1.) In 2 separate mixing bowls, whisk together dry ingredients in one bowl, and whisk wet ingredients in a separate bowl.
- 2.) Make a well in the middle of dry ingredients, and gradually whisk wet ingredients into dry ingredients until well incorporated and batter is smooth.
- 3.) Turn griddle to medium high heat, and add butter or cooking spray to griddle.
- 4.) Pour batter about 4" to 5" diameter, cook pancakes until bubbles begin to form and flip once golden brown, continue to cook until thru about 3 to 5 mins

Yield 6 to 8 pancakes

### ***Myers Rum Caramel Sauce***

1 1/2 cups Myers dark rum  
2 cups heavy cream  
2 ripe sliced bananas  
2 tablespoons butter  
1 cup brown sugar  
1/2 teaspoon kosher salt

- 1.) In a large sauce pan, bring Myers Rum to a boil, and simmer until reduced by 1/2.
- 2.) Add butter, and brown sugar to pan, and whisk until well incorporated.
- 3.) Add heavy cream to pan, and bring to a boil, add kosher salt.
- 4.) Reduce heat to low, and simmer for about mins until sauce thickens and forms into caramel sauce consistency.
- 5.) Fold in sliced bananas, and continue to simmer for about 2 mins.
- 5.) Serve warm on pancakes.