

Friday, May 30, 2008

Warm Sticky Bananas with Raspberry Sorbet

Prep time: 10 minutes

Grilling time: 3 to 4 minutes

- 4 small bananas, firm but ripe
- 2 tablespoons unsalted butter
- 1 tablespoon dark brown sugar
- 1 tablespoon fresh lime juice
- 4 large scoops raspberry sorbet
- 1 cup pistachios, coarsely chopped

1. Cut each banana in half lengthwise but leave the skins attached. They will help the bananas hold their shape on the grill.
2. Brush the cooking grate clean. In a 9 x 13-inch, heavy-duty foil pan combine the butter, sugar, and lime juice. Place the pan over **direct medium heat** (350°F to 450°F), with the lid open, to melt the butter and sugar.
3. When the butter and sugar are melted, slide the pan over indirect heat. Use long-handled tongs to dip the banana halves, cut sides down, in the butter mixture. Lift each banana half out of the pan, allowing the excess butter to drip back in the pan, and then place it, cut side down, over **direct medium heat**. With the lid open, grill the banana halves until golden brown and warm, 2 to 3 minutes, without turning. Return them to the pan. If desired, keep them warm there for a few minutes.
4. Using insulated mitts, move the pan to a work surface. Carefully peel the banana halves without breaking them apart. Cut each banana half crosswise into 2 or 3 pieces. Scoop the sorbet into serving bowls. Arrange the banana pieces over or around the sorbet. Sprinkle the pistachios over the top.

Makes 4 servings

Grilling Tip:

Banana skins hold the shape of the fruit on the grill and in the pan. Peel just before serving.