

Banana Flambé

The banana flambé is made of:

- Banana
- Sugar
- Rum (alcohol)
- Vanilla



First heat a frying pan. Then fry the banana. Then add sugar, rum (alcohol) and vanilla.

Breadfruit

The breadfruit with sugar is made of:

- Breadfruit
- Sugar
- Vanilla



Simmer the breadfruit. Then add sugar and vanilla.

