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.

The breadfruit with sugar is made of:

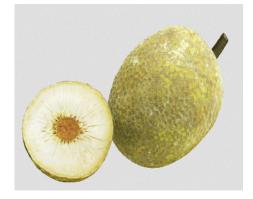
-Breadfruit

-Sugar

-Vanilla

Simmer the breadfruit. Then add sugar and vanilla.







Breadfruit