

Banana Rumba

A smart, Fairtrade enabled sweet for your dinner party.

This is an **English**¹dish.

"**Rumba**" - A music and dance style that travelled with the slaves from Africa to Cuba and the West Indies. This recipe incorporates rum, bananas, and sugar, ingredients long associated with the Caribbean.

Serves 6.

Ingredients

- 1
- 3 to 6 medium to large **FAIRTRADE** Bananas
- 30 ml **FAIRTRADE** Tropical Forest runny honey
- 15 ml **FAIRTRADE** white rum
- 2 284 ml cartons double cream
- 10 gm **FAIRTRADE** caster sugar
- 1 Traidcraft **FAIRTRADE** stem ginger cookie
- 6 pinches **FAIRTRADE** ground cinnamon

Method

Preparation

Slice the bananas lengthwise and across.

Juice the lemon, discard the peel.

Put the banana pieces and lemon juice into a bowl and gently turn to coat the bananas.

Divide the bananas up into portions in ramekins or large wine glasses.

Drizzle a teaspoon of honey over each banana portion.

Measure out the rum and dissolve the sugar into it.

Mix the rum and the cream and whip until it holds peaks.

Make a layer of rummy cream over the bananas.

Crumble some stem ginger biscuit over each portion.

Add a pinch (no more) of cinnamon to each.

To serve

Serve cool.

Variations

Use toasted cashew nuts in place of the stem ginger cookies.

Cranachan²

Guarani³

¹<http://www.fairtradecookbook.org.uk/countries/England.htm>

²<http://www.fairtradecookbook.org.uk/recipes/cranachan.htm>

³<http://www.fairtradecookbook.org.uk/recipes/guarani.htm>