

### 13.7.34. Rum omelette

**Ingredients:** Measure of rum, Caster sugar, Omelette

**Cover:** Sweet Spoon, Fork and Hot Sweet Plate

**Accompaniment:** Caster Sugar

Equipment for the flambé trolley: silver flat for omelette Lamp, Pan on an under plate.

Matches. Spare plate for dirty equipment, Service spoons and forks on a service plate

#### **Preparation and Service**

1. Present the omelette with the aid of a service and fork.
2. Trim the ends of the omelette with the aid of a service spoon and forks.
3. Sprinkle with caster sugar.
4. Pour a measure of rum round the edge of the flat.
5. Heat quickly, light with a match.
6. Serve immediately on to a hot sweet plate at the or on to a hot sweet plate on the flambé trolley.

#### **Crepe Suzette**

**Ingredients:** 25 gm Castor Sugar, 50 ml Lemon juice, Zest of 2 oranges, 25 gm. Butter, 100 ml

Orange juice, 8 sugar cubes rubbed on the skin of an orange. 1 measure of Grand Marnier

Brandy, 4 thin pancakes. 1 measure of Brandy.

**Cover:** Sweet spoon and Fork and Hot sweet plate.

**Accompaniments:** None

Equipment for flambé trolley: Lamp. Pan on an under plate, Service spoon and fork on a service plate, 2 teaspoons on a side plate. 2 fork on a side plate. Oval flat for a portion of pancakes. Oval flat with three small sauce boats for the trimmed mixture, orange juice and lemon juice, Brandy and Liqueur glass on an under plate, a and 2 sweet plates.

#### **Preparation and Service**

1. Put sugar on Suzette pan and allow it caramelizes.
2. When golden brown, add the butter. Mix well using the lemon wedge on the end of the fork, as it adds the flavor and prevent the pan being scratched.
3. Add orange juice and blend well.
4. Add the juice of half a lemon if required according to taste.
5. Add sugar cubes and allow softening in liquid before crushing them with the end of lemon. Add one measure of Grand Marnier and mix well, stirring with a large fork- taste.
6. Place in the pancakes one at a time, heat well turnover and then fold.
7. During this process the sauce should be reducing all the time and thickening
8. When the sauce is reduced sufficiently, add the measure of brandy and flambé.
9. Serve on to the hot sweet plate from the pan, at the

### **Banana Flambe**

**Ingredients:** 1 firm Banana, 50 ml orange juice, Measure of dark rum, 25 gm. Butter, 25 gm. castor sugar, scoop of vanilla ice cream.

**Cover:** Sweet spoon and fork and hot sweet plate.

**Accompaniments:** caster sugar

Equipment for Gueridon: Lamp-pan on an under plate, service plate with service spoon and fork, spare plate for dirty cutlery and flatware - carving board and a small carving knife (12.5 cm - 5 in. ), spare serviettes.

### **Preparation and Service**

1. Using a service spoon and fork lift the banana on to a clean serviette. Cut of the end. taking care not to be cut completely through the skin. Pull back the skin and peel along the length of the banana. And repeat the process with other end. Place the banana on a plate and cut lengthwise into two.
2. Place the butter in the pan and melt.
3. Pierce both halves of the banana with a fork to allow the heat to penetrate more quickly.
4. Place the banana round side down in the pan and heat. Baste with the butter occasionally and then turn the banana over.

5. When golden brown add a little fresh orange juice and blend well. This produces the sauce and removes the surplus fat from within the sauce. Sprinkle castor sugar and caramelize and add orange juice and reduce slightly.
6. At this stage place the hot sweet plate with a scoop of ice cream on the table in front of the guest.
7. When heated sufficiently, flambe with the rum. Sprinkle with castor sugar while laming for effect.
8. Serve at the table from the pan on to the hot sweet plates, or serve onto the hot sweet plates on the flambé .