

## **Nectarine Foster with Vanilla Bean Ice Cream**

September is a wonderful time of year to enjoy local Niagara stone fruit. Peaches, plums and nectarines are at their peak. This dessert features local nectarines caramelized in a warm, butter, brown sugar, cinnamon and spiced rum sauce that you will be addicted to. Serve it with vanilla bean ice cream in a cocktail glass for an elegant dessert to celebrate! You can also substitute, nectarines for peaches or plums or why not do them all.

### **Serves 4**

#### **Ingredients**

1/3 cup unsalted butter  
1/3 cup dark brown sugar  
2 cinnamon sticks + extra for garnish  
4 firm medium nectarines, cut in 1/4 inch thick wedges  
1 1/2 tsp pure vanilla  
1 1/2 oz spiced dark rum  
Vanilla bean ice cream  
Fresh mint for garnish (optional)

#### **Preparation**

Heat a deep skillet over medium/high heat. Add butter, brown sugar and cinnamon, cook until melted and bubbly, about 2-3 minutes. Add nectarines and vanilla and cook for another 30 seconds until soft. Add rum and let cook for another minute. Spoon some of the mixture on the bottom of a cocktail class. Top with a couple scoops of cream and finish with more more foster. Repeat with remaining cocktail glasses. Garnish with cinnamon stick and fresh mint.