

Ultimate Caramelized Banana Cake with Dark Chocolate

Yield: 1 cake 8-10 servings. Shelf life: 4-5 days.

Notes: Make the puree in large batches. Freeze the puree and use as needed. I love making a double recipe and then having two cakes! (The cake also freezes very well.)

Caramelized Banana Puree (Make in Advance)

Ingredients:

½ cup granulated sugar (100g)
2 ripe bananas, peeled and mashed (240g) (JUST NEED 2 Bananas and will mash them there...)
½ cup heavy cream (100g)
1 pinch fine sea salt (2g)

Directions:

1. Heat a saucepan on full heat for 30 seconds. Then, add the sugar to the pan – allowing the sugar to melt and turn into an amber caramel.
2. Add the bananas to the pan and mix well – allowing the steam to come out as the bananas quickly break down.
3. Add the cream slowly followed by the salt.
4. Return to a simmer and cook for 2 minutes.
5. Cool to room temperature and blend.

The Cake

Ingredients:

7 tbs. room temp. unsalted butter (100g)
1 cup granulated sugar (200g)
2 large eggs (100g)
1 batch of caramelized banana puree (442g)
1 1/3 cup all-purpose flour, sifted (165g)
1 tsp baking soda (5g)
½ tsp fine sea salt (3g)
1 ½ cups of chopped dark chocolate (240g)
2 tbs. turbinado sugar (20g)

Pan: Use an 8x4 inch pan. It can also be made in a 9x5-inch pan, but the loaves will rise less.

Directions:

1. Preheat oven to 325F.
2. In a stand mixer, combine the unsalted butter and granulated sugar. Paddle on medium speed for 5 minutes. Scrape the bowl and mix for 1 more minute. While the mixer is still moving, add the eggs one at a time. Scrape the bowl and mix for 1 more minute.

3. Add the banana puree to the bowl – continue to mix.
4. Combine the sifted flour, baking soda and salt in a separate bowl. Then while the mixer is on low speed, add slowly to the bowl. Scrape the bowl and mix for 1 more minute.
5. Pam spray a loaf pan, then add half of the batter. Layer ½ of the chopped dark chocolate. Add the rest of the batter and then sprinkle the balance of the chocolate and the turbinado sugar.
6. Bake for 40-45 minutes or until a cake tester comes out clean or the cake is firm to the touch. Rotate the pan after 20 minutes. If the top begins to darken before the cake is done, just tent it with a piece of aluminum foil.
7. Cool completely. Run a knife around the side, and gently unmold the cake on a wire rack to cool.

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Notes: Make the puree in large batches. Freeze the puree and use as needed. The batter can be made and held refrigerated for up to 5 days. The cake also freezes very well.