



Caramelised banana upside down cake



DIFFICULTY: EASY



PREPARATION TIME: 20
MINS



COOKING TIME: 50 MINS



SERVES: 8 TO 10

Ingredients

Caramel

- 70g unsalted butter, cut into cubes
- ½ cup firmly packed brown sugar
- 1 tsp vanilla bean paste
- 3 large ripe bananas

Cake

- 1 cup plain flour
- 1 ¼ tsp baking powder
- Pinch salt
- 2 eggs
- ¾ cup caster sugar
- 60g unsalted butter, cut into cubes
- ½ cup milk
- 2 tsp vegetable oil
- 1 tsp vanilla bean paste

Method

Preheat oven on CircoTherm to 170°C. Grease and line the base of a deep 20cm round cake tin.

To make the caramel, combine butter, brown sugar and vanilla in a saucepan and place over moderate heat, Induction level 6. Stir to melt butter and dissolve sugar for 3 to 5 minutes. Pour the caramel into the prepared cake tin. Cut the bananas into thick angled slices. Arrange the banana slices in a single layer on the caramel to make a rose like pattern. Set aside.

Sift together the flour, baking powder and salt.

Place the eggs and caster sugar in the bowl of a stand mixer, using the whisk attachment, beat on high speed for 5 minutes, until thick and increased in volume.

While the eggs and sugar are mixing, place the butter and milk in a saucepan over low heat, Induction level 4 for 2 minutes. Remove from heat, add vanilla and oil, stir to combine.

Using a wire whisk, add the flour to the egg mixture and fold to just combine. Add the milk mixture and gently fold to only just combine. Pour cake mix over the banana and caramel. Bake for 45 to 50 minutes, until golden and cooked when tested with a skewer.

Remove from the oven and allow to cool in the tin for 10 minutes. Turn out cake and serve warm with cream or ice cream.

Notes
