

Banana Upside Down Cake

Ingredients

For the banana caramel

300gms caster sugar

5 ripe bananas

1/4 tsp cinnamon

For the cake Batter

140gms soft unsalted butter

180gms plain cake flour

1 1/2 tsp baking powder

1tsp ground cinnamon

4 eggs, separated

140gms caster sugar

2 large ripe bananas, peeled and mashed

Method

Step 1:

Preheat the oven to 170C

Step 2:

Generously butter the base and side of a heavy based 23cm spring form tin, then line it with baking paper

Step 3:

To make the banana caramel, put the sugar and 150ml water in a heavy based saucepan and cook over a high heat until the sugar has dissolved. Let it boil until thickened to a golden brown caramel, pour it into the cake tin, tipping slightly from side to side until evenly coated.

Step 4:

Peel the bananas and cut them in half lengthways, arrange them over the caramel in a nice pattern, trimming any extra if needed. Now dust with the ground cinnamon

Step 5:

To make the cake batter, sift together the flour, baking powder and cinnamon into a large bowl. Put the egg whites in a separate clean bowl and whisk until stiff peaks form. Put the butter and sugar in the bowl of a mixer and whisk until light and fluffy. Slowly whisk in the egg yolks one at a time. Then fold in the mashed bananas followed by the dry ingredients. Once combined, fold in the stiff egg whites.

Step 6:

Pour the batter into the tin and spread evenly with a spatula. Bake for 50-60 minutes, or until a skewer inserted into the centre comes out cleanly.

Step 7:

Remove and leave to cool for a few minutes before unmolding. Be careful when unmolding the caramel will be warm.

THE
COOKERY

by The Secret Jozi Chef

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