

Daniel's Banana Chocolate Cake

From Nelson's Kitchen
Print

Adapted from Better Homes and Gardens Cookbook

This is my own adaptation of a traditional banana cake. I made it dairy free and added chocolate as a flavouring.

Ingredients:

- 3 ounces (85 gr) of dark chocolate
- 1/2 cup (3 1/2 ounces = 100 gr) of shortening
- 1 1/2 cups (11 oz = 310 gr) sugar
- 1 cup of mashed ripe bananas (about 3 = 13 oz = 360 gr)
- 2 eggs
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 3/4 cup (6 1/4 oz = 180 gr) of almond milk
- 1 tablespoon of lemon juice
- 2 1/4 cup (11 1/2 oz = 320 gr) of all-purpose flour
- 1 1/2 teaspoons baking powder
- 1 teaspoon baking soda

Ingredients (optional chocolate glaze):

- 4 ounces bittersweet chocolate
- 4 tablespoons unsalted butter
- 2 tablespoons corn syrup
- 1 teaspoon vanilla extract

Procedure:

1. Prepare tube pan and heat oven

- Spray or smear with shortening the pan, then dust with either flour or cocoa powder.
- Pre-heat oven to 350 F

2. Chocolate Mixture

- Melt chocolate and shortening in microwave in a large glass or heavy duty plastic bowl
- Add sugar and mix

- Add mashed bananas and mix
 - Add eggs and mix
 - Add vanilla and salt
3. **Faking buttermilk**
 - In a measuring cup mix almond milk with lemon (it may separate).
 4. **Dry mixture**
 - In a separate bowl mix flour, baking powder and baking soda
 5. **Finishing the mixture**
 - Add 1/3 of flour mixture to the chocolate mixture and stir until incorporated
 - Add 1/3 of the milk mixture and stir until incorporated
 - Repeat two more times until all the flour and milk are incorporated
 6. **Baking the cake**
 - Pour cake batter into prepared pan
 - Bake for 30 minutes (or longer) until a toothpick inserted into the cake comes out clean.
 7. **Cool and unmold the cake**
 - Let the cake cool until is is just warm.
 - Run a knife around the edges of the pan to release the cake.
 - Invert in a clean cutting board (cake will be upside down).
 - Put a platter at the bottom of the cake and invert into the plate (if planning to glaze the cake invert it on a wire rack and put the wire rack over a large baking pan.
 8. **Glaze the cake (optional)**
 - In bowl set over pot of simmering water, melt chocolate with butter and whisk until smooth. Remove bowl from pot, add corn syrup and vanilla, and mix until smooth and shiny.
 - Spread the glaze over the cake and let cool.