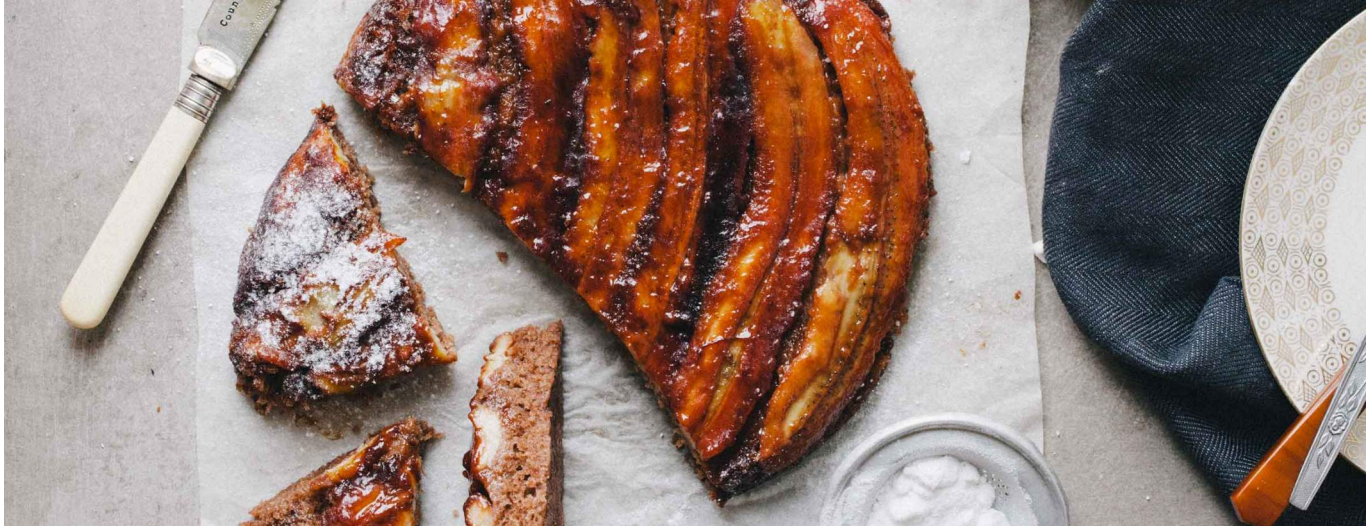

JERNEJ KITCHEN

UPSIDE DOWN BANANA CAKE

Guys, this is sooooo good! You don't even need an oven, it is made in a frying pan in under 40 minutes.

MAKES	1	SKILLET FRYING PAN - 24 CM
PREPARATION:	10	MINUTES
BAKE:	40	MINUTES

BANANA CAKE BATTER

125 g butter, softened and cut on small cubes

100 g sugar

1 tsp sea salt

1/4 tsp ground cloves

1/4 tsp allspice

1/4 tsp ground nutmeg

1/2 tsp ground cinnamon

1 tsp unsweetened cacao powder

1 large ripe banana

2 eggs, free range

125 g spelt flour

7 g baking powder

1 tsp good quality rum

CARAMELIZED BANANAS

50 g sugar

3 bananas, ripe

10 g dark chocolate (70% cacao)

25 g butter

BANANA CAKE BATTER

In a large bowl beat together the butter, sugar and a teaspoon of sea salt until nice and fluffy. Add the ground cloves, allspice, nutmeg, cinnamon, 1 teaspoon of unsweetened cacao and 1 very ripe banana. Mix to combine.

BANANA CAKE BATTER

Gradually add the eggs while mixing constantly, using an electric mixer. Mix for about 2 minutes. Stir in the spelt flour, baking powder and rum. Combine well, using a spatula.

CARAMELIZED BANANAS

Peel and halve the bananas. Place a skillet over high heat. When the pan gets really hot, add the sugar and let it dissolve. It will take about 5 minutes. Add 20 ml of water, chocolate and butter. Stir well until just combined. Add the bananas, halved side down. Spread the cake batter evenly on top of the bananas. Lower the heat, cover with a lid and bake for about 35 - 40 minutes.

SERVE

When the cake is done, immediately turn it upside down and transfer to a plate. Serve at room temperature. Sprinkle each slice with a bit of icing sugar.

TOOLS AND EQUIPEMENT

large bowl
electric mixer
spatula
Skillet Frying Pan - 24 cm

© Copyrights 2024. All rights reserved. Designed by jernejkitchen team.