Daniel’s Banana Chocolate Cake

From Nelson’s Kitchen

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 of dark chocolate
- 1/2 cup of shortening
- 1 1/2 cups (11 oz) sugar
- 1 cup of mashed ripe bananas (about 3)
- 2 eggs
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 3/4 cup (6 1/4 oz) of almond milk
- 1 tablespoon of lemon juice
- 2 1/4 cup (11 1/2 oz) 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 it 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.