

Chocolate Banana Cake with Caramel Frosting



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One 24cm cake

Prep time: 1h 10min

Cook time: 50min

Total time: 2h

Difficulty: Advanced

Category: Cakes

Although this might seem as a very complicated and intricate recipe, it is in fact fairly simple. Both the filling and frosting are done in 10 minutes, just by combining couple of ingredients in a bowl and mixing them well. The cake itself takes the longest time to bake and cool, and the rest is done in a flash.

For the cake:

4 eggs separated
200g sugar
70g butter, melted
70g dark chocolate, melted
60ml milk
60ml boiling water
1 teaspoon vanilla extract
200g flour
40g cocoa powder
2 teaspoons baking powder
pinch of salt

To moisten the cake:

Ingredients

100ml milk
2 tablespoons dark rum

Directions

Preheat the oven to 180°C. Line the bottom of a 24cm springform tin with parchment paper. Butter the sides of the tin. Combine flour, cocoa powder, baking powder and salt in a bowl. Mix to incorporate and set aside.

In a bowl of your electric mixer beat together egg yolks and sugar until light and frothy. Add vanilla, melted butter and chocolate, milk and boiling water and mix until combined. Sift in the flour mixture and beat until incorporated. In a separate bowl mix the egg whites until firm peaks form. Gently fold them into the egg yolk mixture.

Transfer the cake batter into prepared tin. Bake for 40 minutes. Cool to room temperature and cut the cake horizontally into three equal pieces.

For the chocolate & banana cream filling:

Ingredients

400g ripe bananas, pureed
400ml heavy whipping cream
150g dark chocolate, melted
2 tablespoons dark rum

Directions

In a bowl combine banana puree, rum and melted chocolate and whisk to combine. Add heavy cream and beat on high speed until soft peaks form.

For the caramel frosting:

Ingredients

250g cream cheese
200ml heavy whipping cream
100g thick caramel sauce (recipe below)

Directions

In a bowl combine cream cheese and caramel sauce and beat until creamy and well incorporated. In a separate bowl whisk heavy cream until soft peaks form. Fold the heavy cream into caramel mixture.

For the caramel sauce:

Ingredients

100g sugar
2 tablespoons water
2 tablespoons (30g) butter
60ml heavy cream

Directions

In a heavy bottomed saucepan combine sugar and water. Cook on medium-high heat until the sugar melts and reaches amber color. Do not stir during that process. Remove from heat and stir in the butter. Pour in the heavy cream and stir to combine. Transfer to a small bowl and cool to room temperature. As it cools the sauce will thicken.

Assembly:

Place the bottom cake layer on a platter and moisten it with mixture of milk and rum. Spread half of the chocolate and banana filling. Top with second cake layer and moisten with some milk. Spread the rest of chocolate and banana filling over it and top with the last cake layer. Cover the whole cake with caramel frosting. Refrigerate the cake for at least two hours before serving.