

Banana Chocolate Chip Upside Down Cake

David Lebovitz



TOPPING:

1/3 cup dark brown sugar, packed, PLUS 2 tablespoons
2 tablespoons butter, or water (if butter, warm to room temp)
3 bananas, ripe, medium sized
A few drops of lemon juice

CAKE BATTER:

1 1/2 cups flour (210 g)
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
1 teaspoon ground cinnamon
3/4 cup granulated sugar (150 g)
2 tablespoons melted butter (30 g) salted or unsalted
1 large egg
1 large egg white, or use 2 large eggs total
1 cup bananas (250 g) pureed (about 2 bananas)
1/2 cup sour cream (120 g) regular or low-fat
1/2 teaspoon vanilla extract
1/2 cup chocolate chips (80 g) or chopped bittersweet or semisweet chocolate

Per Serving (excluding unknown items): 374 Calories; 13g Fat (28.9% calories from fat); 5g Protein; 65g Carbohydrate; 3g Dietary Fiber; 43mg Cholesterol; 321mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.

Carolyn T's Blog: tastingspoons.com

Servings: 9

1. **TOPPING:** place the brown sugar and water or butter in an 8-inch (20 cm) square cake pan. Warm the pan directly on the stovetop over low heat, stirring until the sugar is thoroughly moistened. If using water, simmer the mixture for about 45 seconds. If using butter, stir just until the sugar is moist and bubbling, then remove from heat. (It won't melt completely smooth, and there may be a few bare spots, which is normal.) Let cool to room temperature.
 2. Peel and slice the bananas in 1/4-inch (1 cm) slices. Arrange them in slightly overlapping rows over the melted brown sugar. Sprinkle with a few drops of lemon juice.
 3. Preheat the oven to 350°F (180°C).
 4. **CAKE BATTER:** Whisk together the flour, baking powder, baking soda, salt, and cinnamon in a large bowl, making sure there are no lumps. Mix in the granulated sugar.
 5. In a small bowl, mix together the butter, egg, egg white, banana puree, sour cream, and vanilla.
 6. Make a well in the center of the dry ingredients and stir in the wet ingredients until almost combined. Do not overmix. Gently fold in the chocolate pieces.
 7. Scrape the batter into the pan over the bananas, then use a spatula to carefully spread the batter over the sliced fruit.
 8. Bake for 40 minutes, or until the cake feels just set in the center when you touch it.
 9. Cool the cake for about 20 minutes, then run a knife along the edges of the cake to help it release from the pan.
- Serving:** The cake is best served warm with whipped cream, vanilla ice cream, or by itself as a snack. If made an hour or so in advance, it can be inverted on the serving platter, and left with the cake pan over it, to keep it warm. Otherwise it can be rewarmed in a low oven, covered with foil. Or enjoy at room temperature. **Storage:** The cake can be made up to two days in advance, although it is best the day it's made. To freeze, wrap it securely in plastic wrap; it can be frozen for one to two months. Invert the cake onto a serving platter.