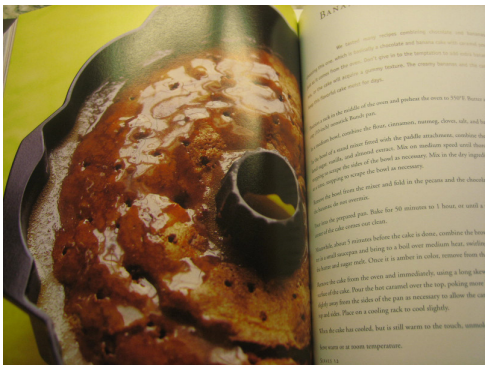
Banana Caramel (Chocolate) Cake with Caramel Sauce

Essence of Chocolate by Robert Steinberg and John Scharffenberger.
Internet Address:



Oh my - oh so delicious!

CAKE:

2 cups all-purpose flour

1 tsp. cinnamon

1/2 tsp. nutmeg

1/4 tsp. cloves

1 tsp. salt

1 tsp. baking soda

3 large eggs

1 1/4 cups vegetable oil

1 3/4 cups sugar

1 tbsp. vanilla extract

3/4 cup chopped pecans

3 ounces chocolate, broken into small pieces (size of chips)

3 whole bananas, diced

CARAMEL:

1/2 cup firmly packed brown sugar

2 tbsp. whole milk, and more to thin topping so it will spread

4 tbsp. unsalted butter, cut into pieces

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 12

Note from Carolyn: I think the caramel is too thick - it doesn't drip down into the cake like I think it should, so I've been adding more milk to the sauce so it's thinner.

1. Butter and flour a tube pan or a bundt pan that can hold 12 cups. Preheat the oven to 350°.
2. Sift together the dry ingredients (flour, cinnamon, nutmeg, cloves, salt and baking soda).
3. In the bowl of a stand mixer, combine the eggs, oil and sugar. With the paddle attachment, mix on medium speed for 2 to 3 minutes. Scrape down the sides of the bowl to ensure that the sugar has been incorporated. Add the vanilla extract and mix for another 30 seconds. With the mixer on low speed, add the dry ingredients a bit at a time. Scrape down the sides of the bowl every now and then to ensure everything is incorporated. Once the dry ingredients have been added, remove the bowl from the stand mixer and add the pecans, chocolate and bananas. Gently fold them in with a spatula or a wooden spoon. Don't over mix.
4. Spoon the batter into the prepared pan. Bake for 50 minutes and then test the cake to see if it's done by poking a toothpick or cake tester into the center of the cake. If it comes out clean, it's done. If not, bake the cake for another 5 to 10 minutes. In my oven, this cake took 55 minutes.
5. About 5 to 10 minutes before the cake is done, make the caramel by combining all the ingredients in a small pan. Bring to the boil and stir occasionally to ensure that it doesn't burn. Let it boil for about 5 minutes and then turn off the heat. The caramel needs to be thin, so add more milk if needed. Once the cake is out of the oven, poke holes all over the cake with a skewer. Immediately pour the caramel over the cake, stopping every now and then to let the caramel sink in. If the caramel pools in spots, poke more holes to allow it to sink in. Gently push cake away from sides to add more caramel.
6. Let the cake cool in the pan on a wire rack. Once it's cool, loosen the cake from the sides of the pan and then unmold it onto a plate. If most of the caramel pooled on the top (in the pan) you may want to turn the cake back over so the wide side is on top.

Per Serving (excluding unknown items): 595 Calories; 36g Fat (52.7% calories from fat); 5g Protein; 67g Carbohydrate; 2g Dietary Fiber; 64mg Cholesterol; 308mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 7 Fat; 3 Other Carbohydrates.